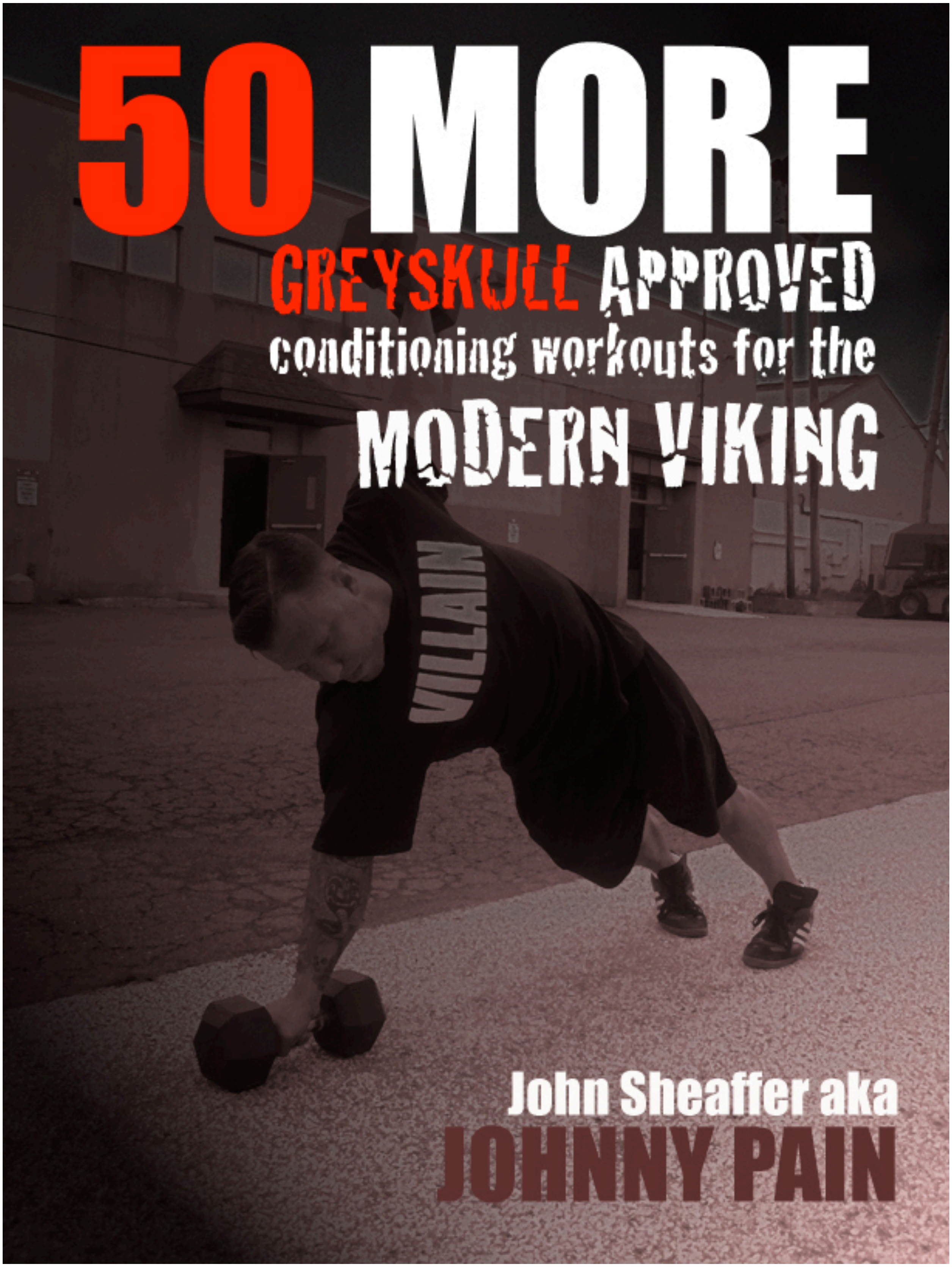


# 50 MORE

## GREYSKULL APPROVED conditioning workouts for the MODERN VIKING

John Sheaffer aka

**JOHNNY PAIN**

# Introduction

So here it is, the long awaited sequel to the first volume of books in this series. The workouts in this book, like those in the last, are designed to be used in an a la carte manner. Select a workout from these pages and have at it. Record your time or score, come back another time, and beat it up.

If you do not already have the first book, I highly recommend that you pick it up. Some of the workouts in the first volume are more foundational in nature. All of the workouts from both books will be enormously challenging to even the most conditioned individual if you really bust your ass and leave nothing in the tank, however some of the drills in this volume are of the more advanced variety and are presented with the assumption that you have been busy with the first book for a while.

These workouts are designed to make beasts out of men. The idea here is that the reader of this book is not a competitive athlete looking for a way to improve at their sport between these two covers, but rather a regular guy looking to become irregular. Give these workouts everything you have and see if you are not happy with what results you manifest.

This isn't a text heavy work, this one is all how-to, so without further adieu I give you…

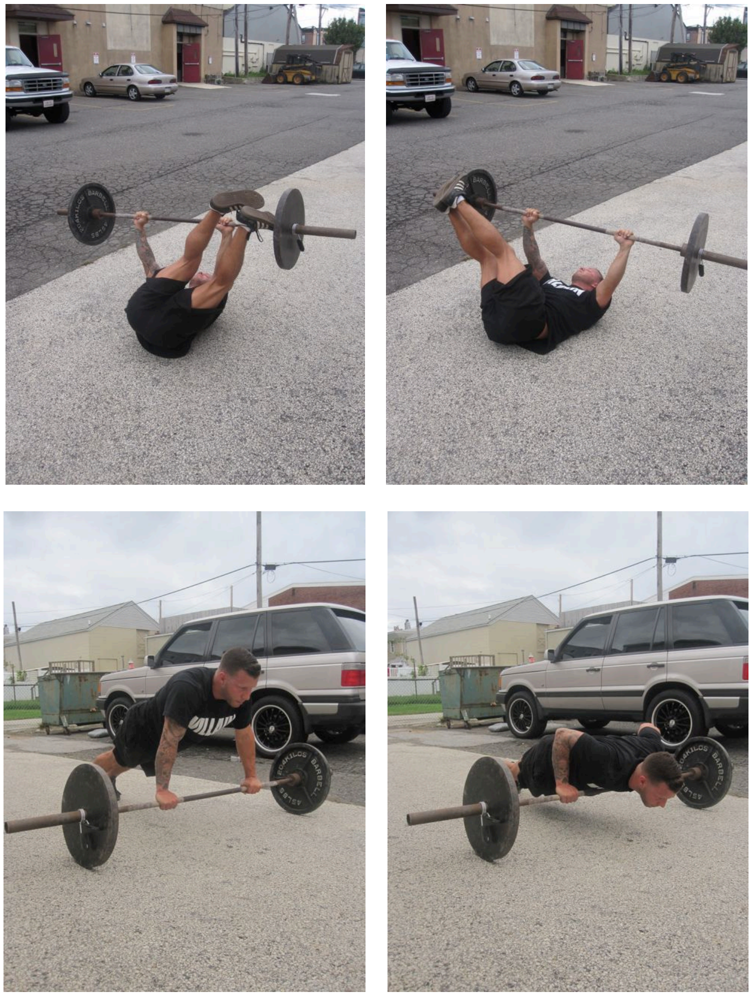
50 More Greyskull Approved Conditioning Workouts for the Modern Viking.

# #1 (Floor Wiper x 5, Bar Pushup x 10) x 6

Begin by loading a barbell to the desired weight. Big boys will probably use 135lbs as shown. Really the weight is not terribly important on this one, so don't stress it too much, 135 is just a good weight for most bigger, stronger, well-endowed guys. The hardest part, and limiting factor in selecting the weight is going to be getting it into position to start. This should be done by yourself, from the floor, not by using a rack or a partner.

Hold the bar at arms length over your chest while lying supine. Bring both of your legs up as in a leg raise, turning them to the side until your feet touch the plate on one side of the bar and then bring your feet to touch the plate on the other end of the bar. That completes one repetition of the floor wiper. Complete five reps and then transition to the bar pushup which is simply a pushup performed while gripping the bar as shown. All the way on these, body rigid, chest to the bar, no half-assing.

Knock out six sets of this ball buster, record your time, and call it a day.



# #2 Sandbag 50/50 Mile

Awful.

This one is simple. Go to a track or other suitable one-mile course that features a quarter-mile loop. Haul ass around the first lap holding a sandbag. Upon completing the first lap, ditch the bag and run the second lap with just the weight of your own genitals encumbering you. Pick the bag back up for the third lap, and then nix it again for the fourth.

Vomit, sip water, record your time and go home proud.

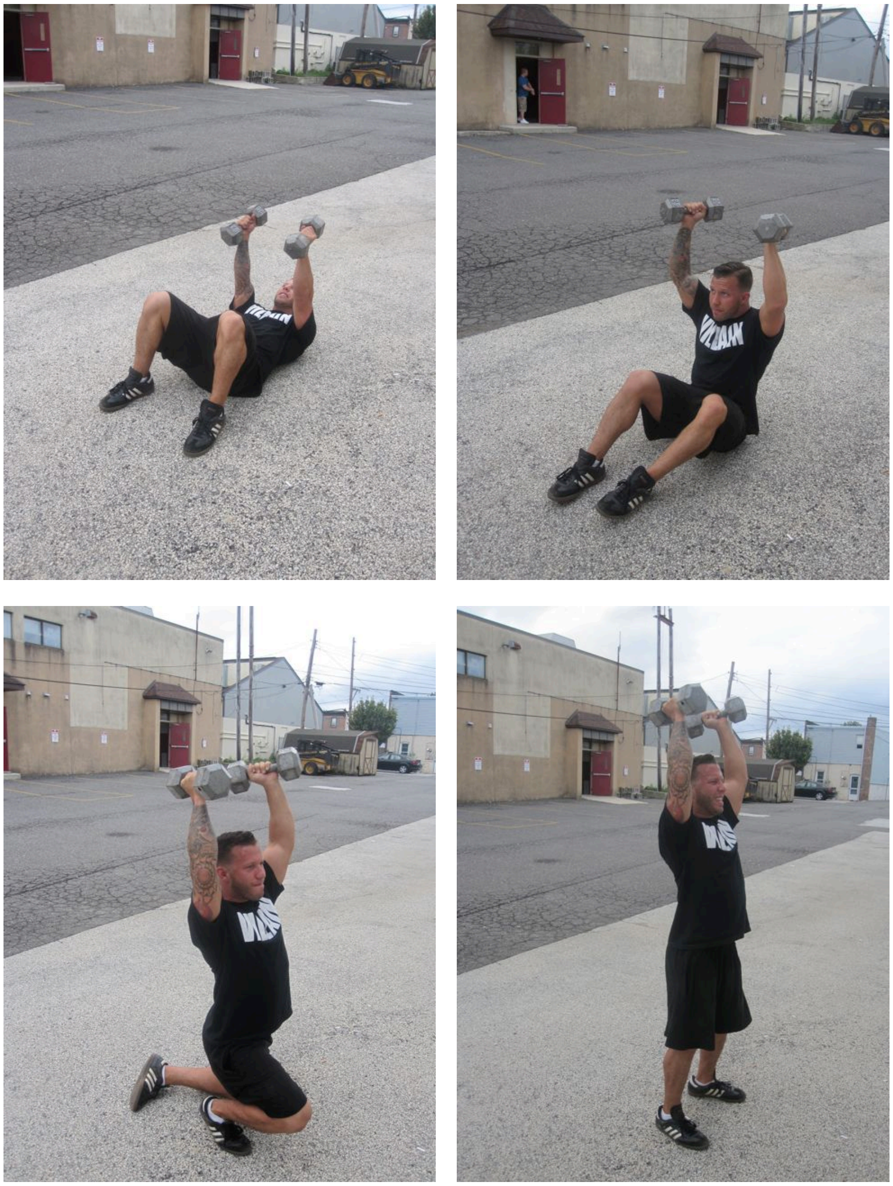
VILLAIN
VILLAIN

# #3 Double Dumbbell Turkish Get Up x 25

Deceptively horrible.

Many of you reading this will have already done the Turkish get up. It is a great exercise and has a certain fun quality to it. These do not have that quality.

Select two equally-weighted dumbbells (you'll probably end up dropping down in weight, so be modest), one for each hand, lie supine on the ground with the bells at arm's length over your chest. Get up from the ground to a standing position with your arms extended overhead. Repeat for a total of twenty-five reps. Curse my mother for birthing me, and rest for tomorrow.

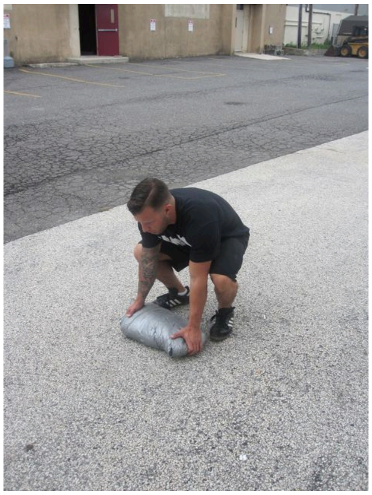
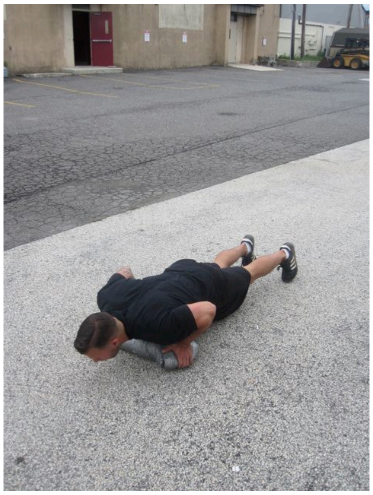
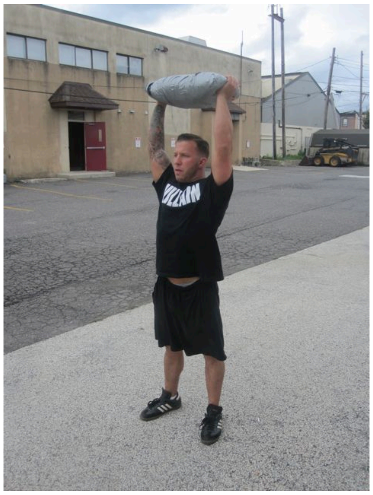


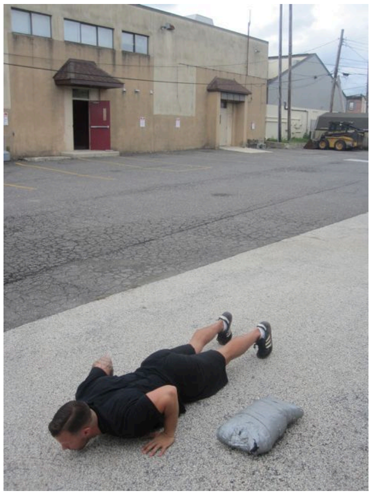
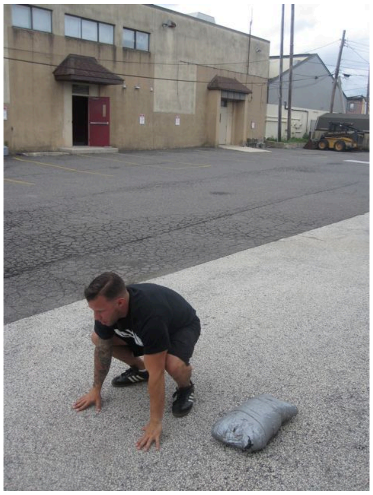
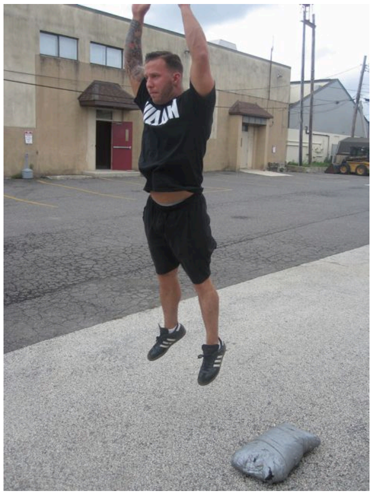
## #4 Sandbag Burpee/ Burpee Descending Ladder from 10

This one really isn’t that bad, really. Ok, I’m lying.

Simple and to the point, descending ladders are great. Start by knocking out ten sandbag burpees (as shown below). After completing ten of those beasts, bust out ten burpees without the sandbag. Once those are done do nine of each, then eight of each, and so on until you get to one and one.

The things we do to be better than everyone else…

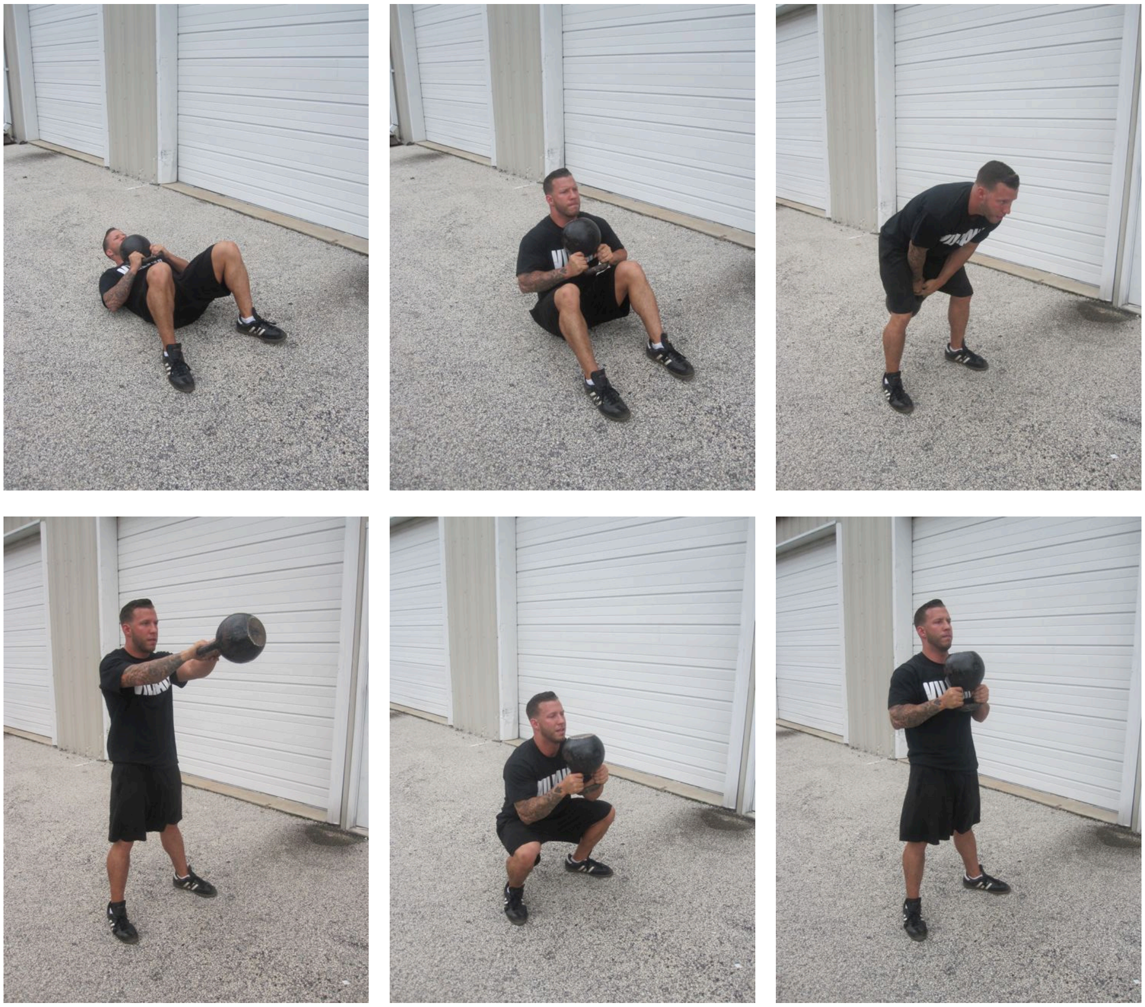




# #5 Kettlebell Situp, Swing, Goblet Squat 5/10/10 x 10

Grab a moderately weighted kettlebell for this one, no hero stuff.

Start by holding the KB on your chest and performing five good quality situps (these will be the most challenging part of the workout if you use an adequately weighted bell). Stand up with the KB and knock out and perform ten swings. Catch the bell at the top of the last swing and perform ten deep, goblet squats to complete one set. Do nine more sets like the first one to make ten total and log your time to completion.

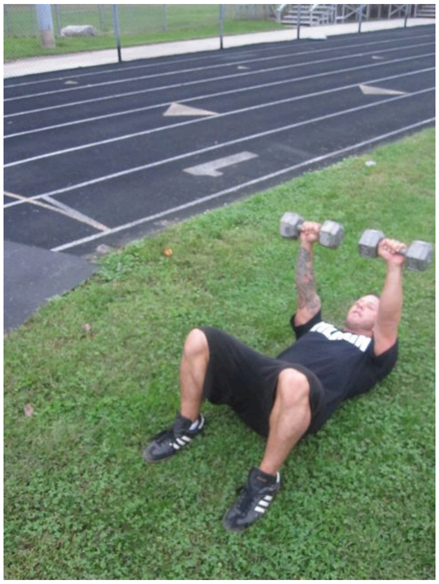


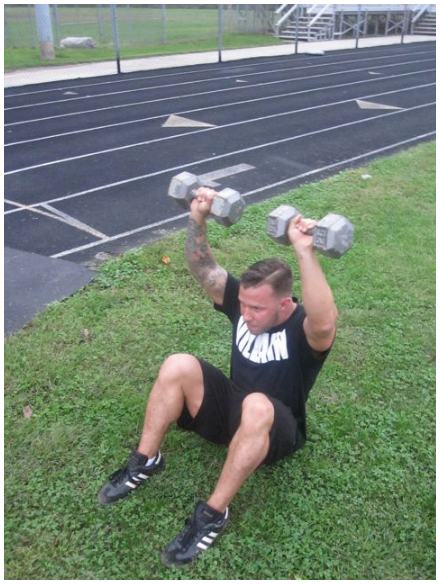
## #6 50 Overhead Dumbbell Situps, 800 meter dash

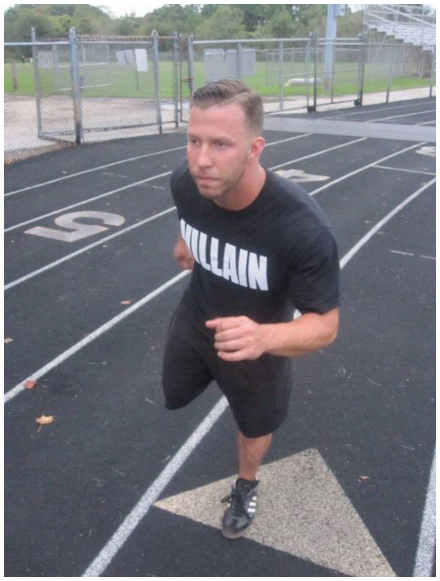
So simple, yet such a terribly despicable combination.

Here we feature our old go-to the overhead dumbbell situp. It's simple in design, hold two equally weighted dumbbells extended over your chest while lying on your back, and sit up. Your arms will be extended over your head as in a seated press at the top of the movement. You can anchor your feet, or leave them free for an even more exhilarating experience. Once you finish fifty of these gut-busters, take off on a half-mile sprint towards godliness.

Write down your time for today's conquest and hit the showers. Destroy your time on the next try.





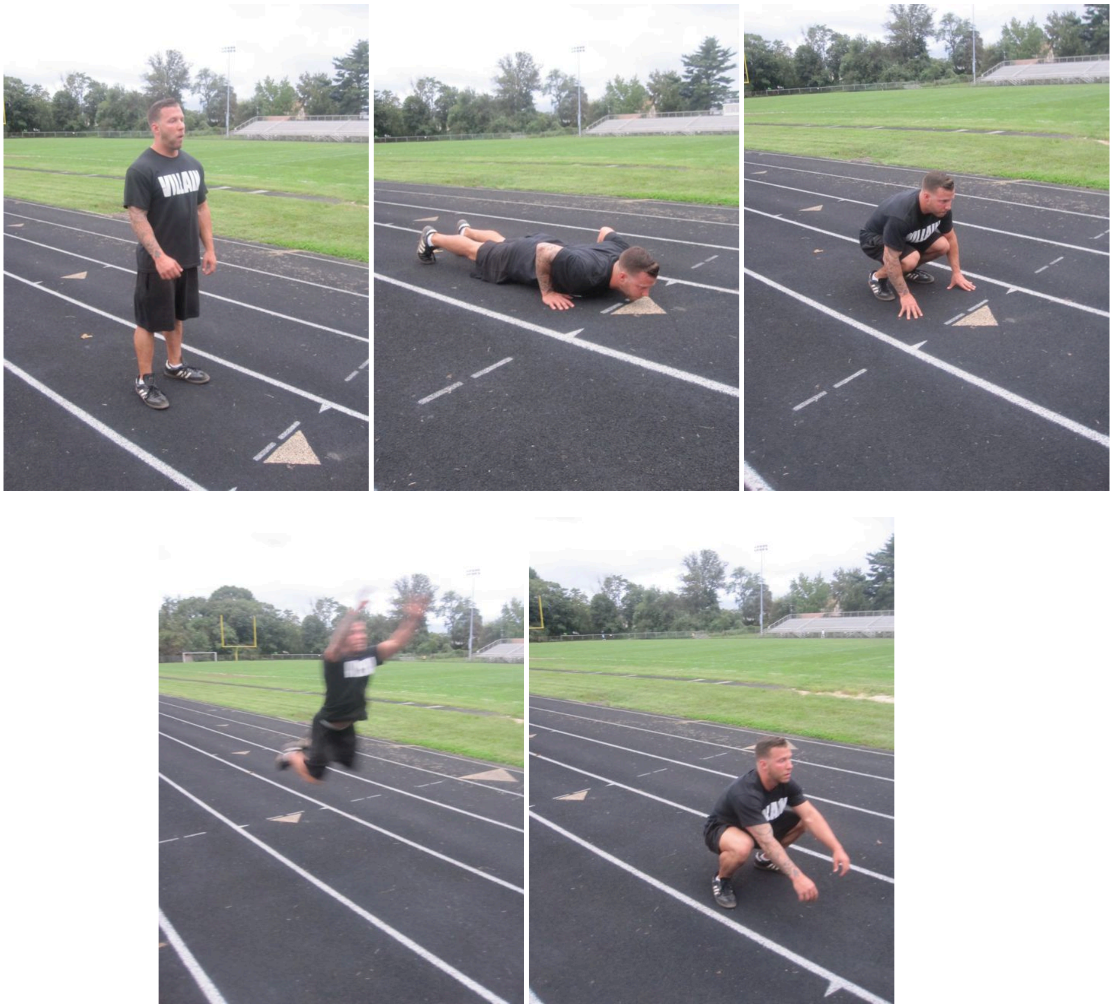


# #7 Burpee Broad Jump 400m

Another one for the track.

This one is beyond simple, but the farthest thing from easy. It will eat you for lunch.

You are simply going to execute one burpee broad jump (as shown) after another until you make it one full lap around a 400m track. As always, record your time so that you can smash it on the next go-around.

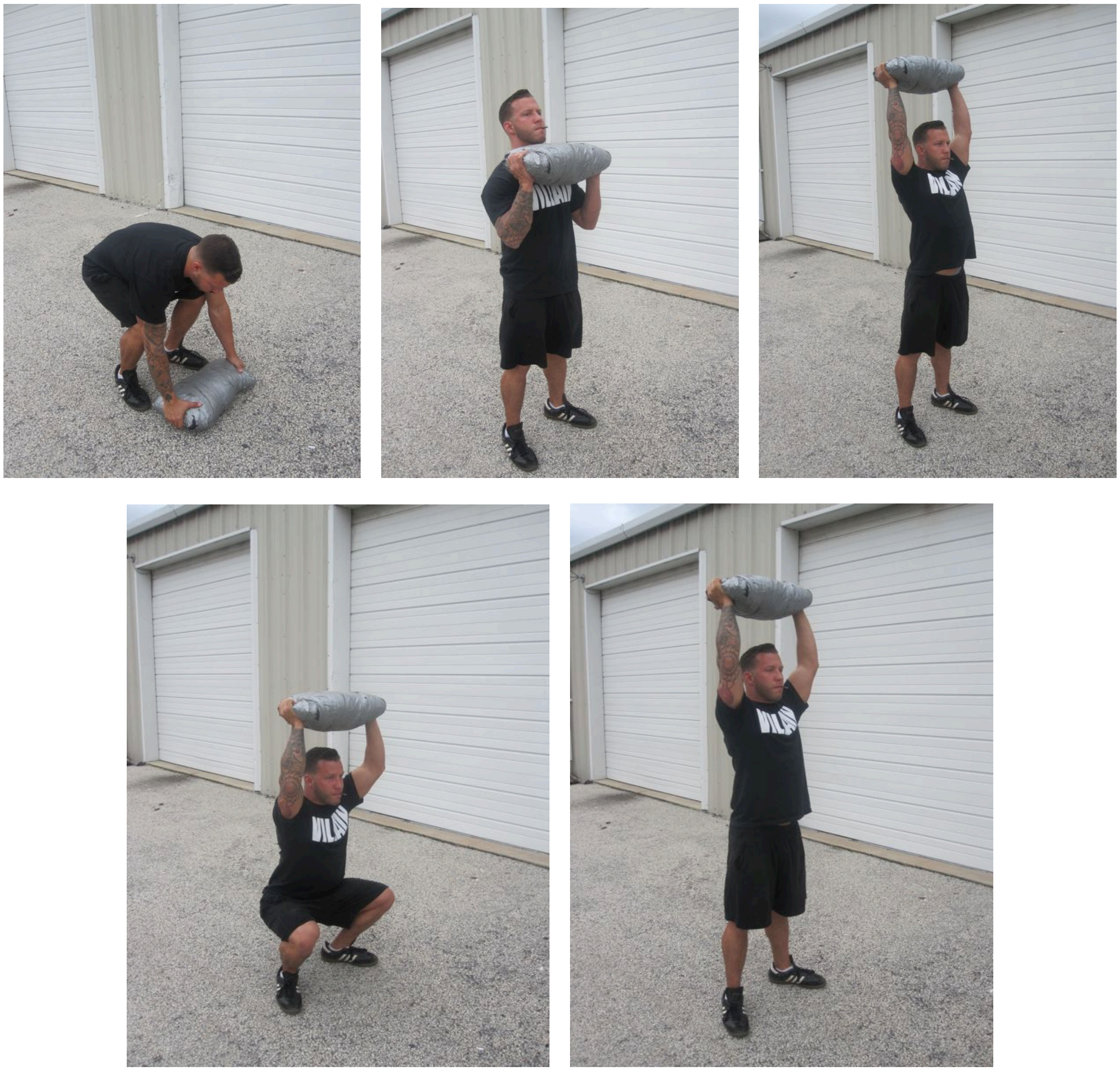


## #8 Sandbag Clean and Press x 3, Overhead Squat x 3, Max Sets in 7 minutes

We don’t need no stinking prowler.

Take your $5 sandbag that you all built after the first book (50 Greyskull Approved Conditioning Workouts for the Modern Viking) and get ready to manhandle (these sandbag drills get you ready for the husky jawns).

Bust out three clean and presses with the bag, touching it to the ground each time. Leave the bag overhead after the third press and knock out a trio of deep, overhead squats. That makes one set complete. Set a clock for seven minutes and do as many sets as you can in that time.

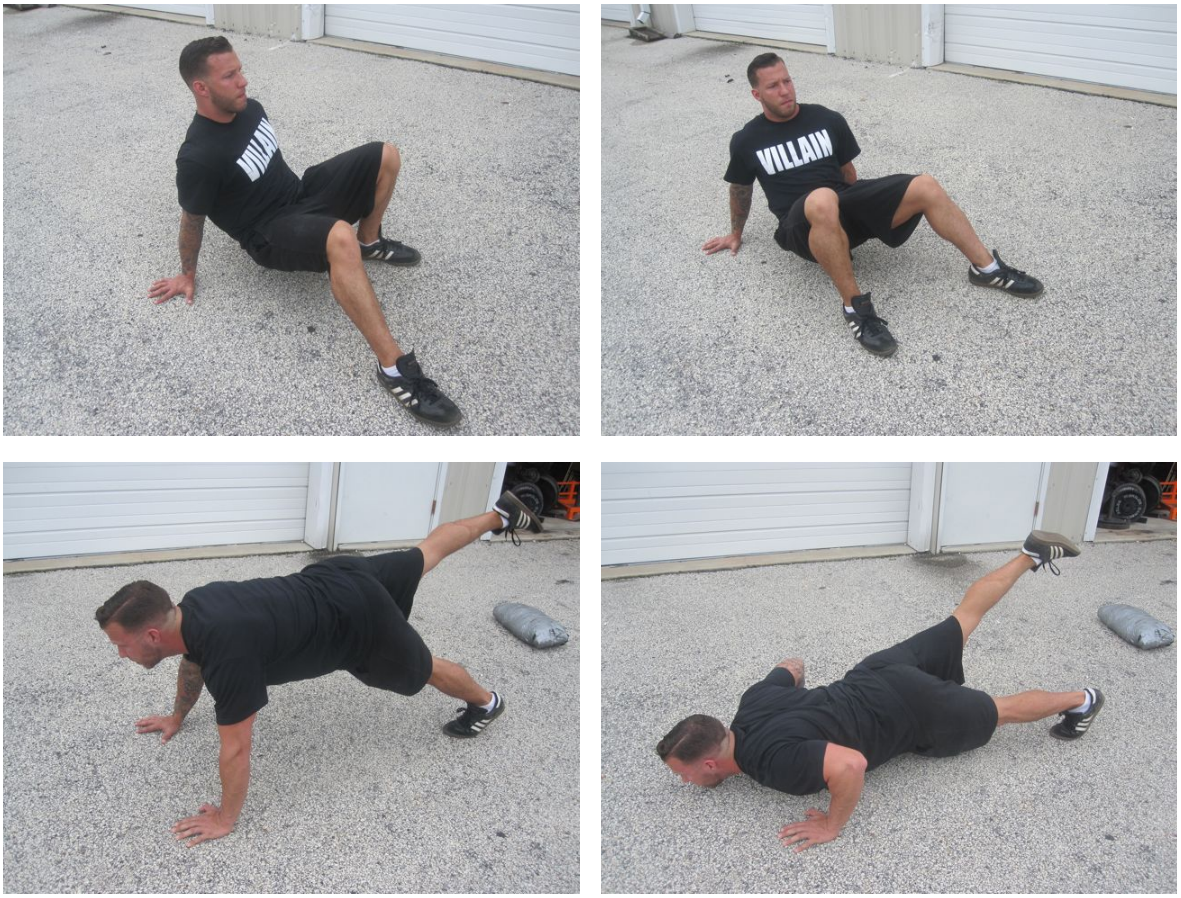


## #9 50m Backward Crab Walk/ One Legged Pushup x 20, x 4

Grade school gym class with a military twist.

Mark out a fifty-meter course and assume the crab walk position at the start line. Crab walk backwards to the fifty-meter mark and execute twenty one leg pushups (stick one of your legs straight up in the air boner style throughout the movement), switch extended legs with each repetition.

Four trips and fours sets of twenty pushups and this one is over.

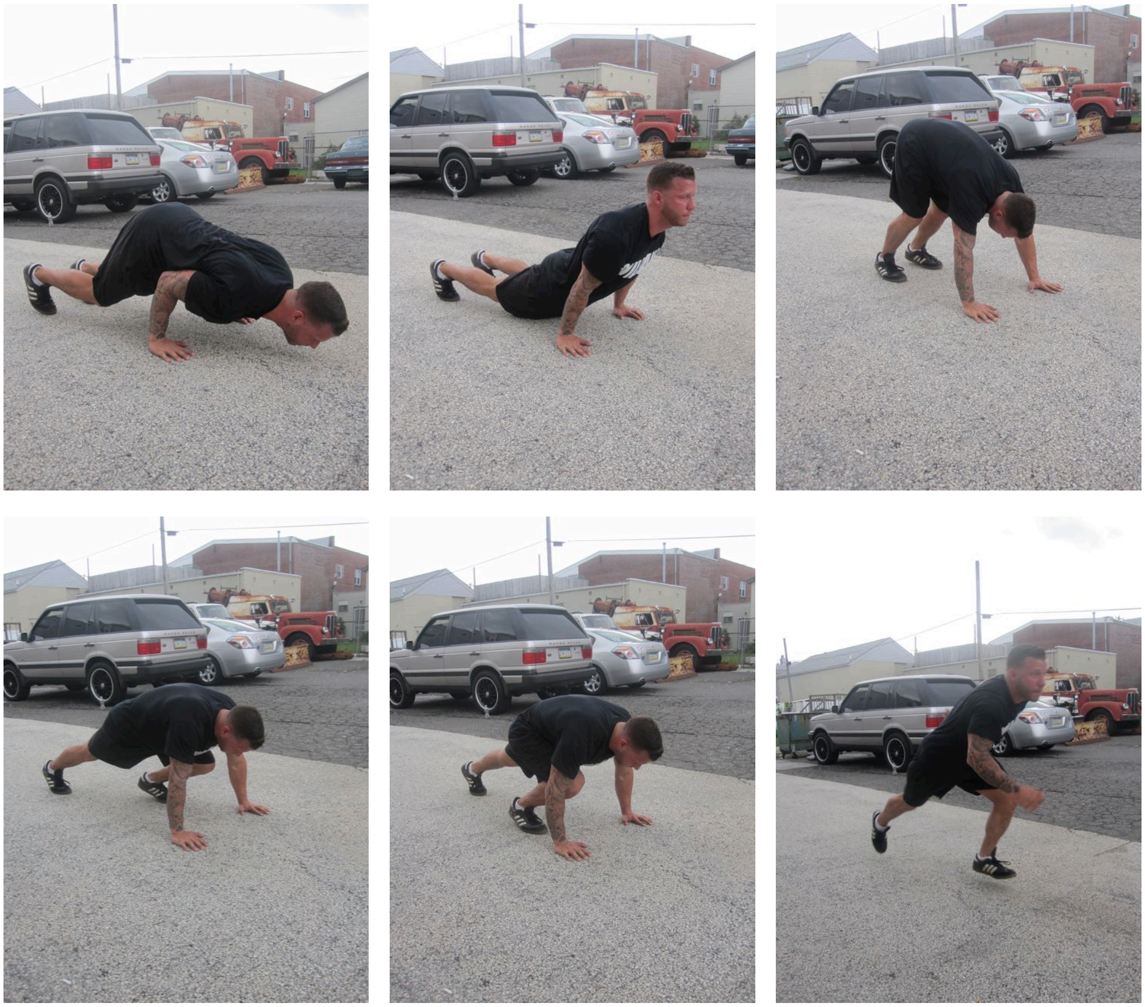


## #10 Dive Bomber Pushup x 10, Mountain Climber x 10, 100m Sprint, x 4

This is one is a blast if you are a masochist.

Find a one hundred meter course (hit the track or mark one out) and assume the pushup position at the start line. Perform ten high-quality dive-bomber pushups (as shown). Once you are finished the dive-bombers, stay in the pushup position and execute ten mountain climbers (pump your knees in an alternating fashion to meet your arms) counting left plus right as one repetition. Once you're done the two movements, break out of the pushup position into a balls-out sprint towards the finish line.

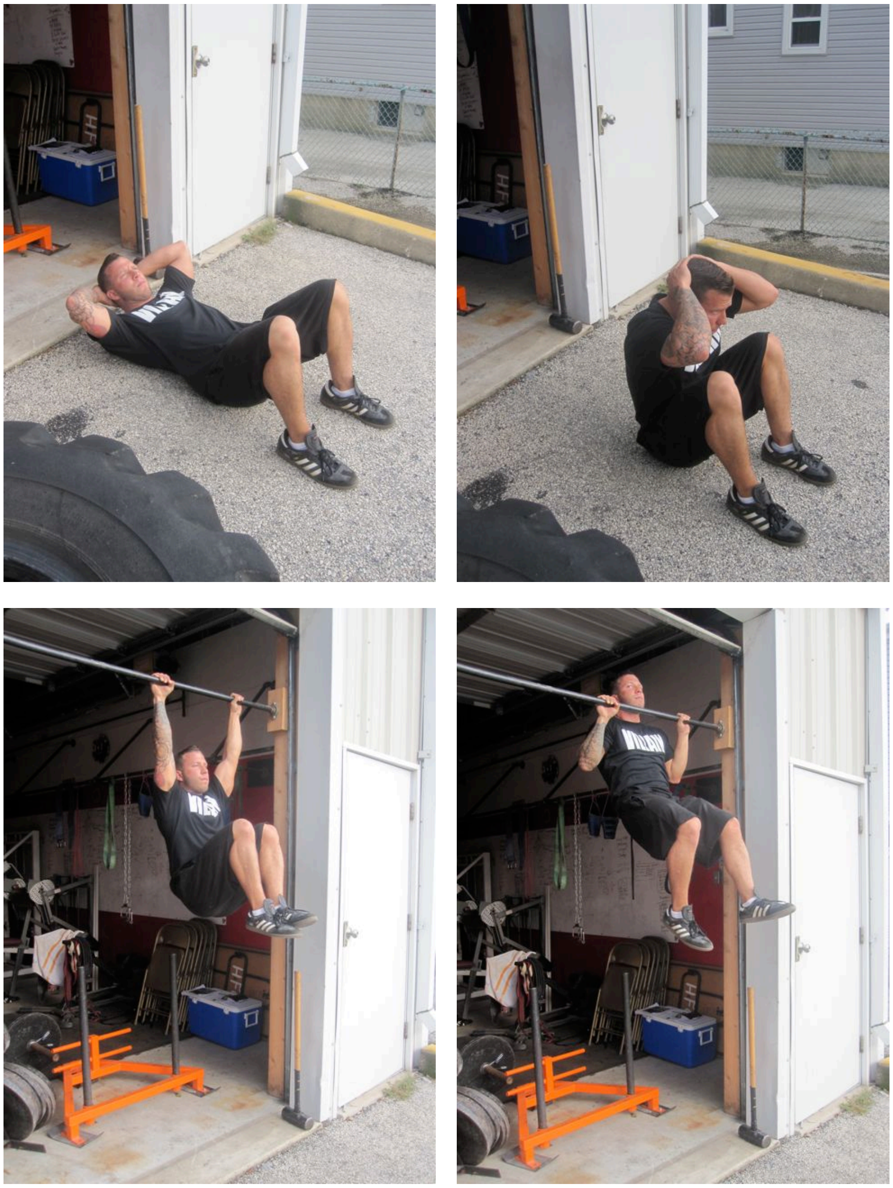
Rest at the finish until you are ready to hit it again. Record you times as heats, a separate time for each try.



## #11 Situp x 10, Hanging Leg Raise x 5, Chinup x 3, Max Sets in 10 minutes

Bodyweight and a chinning bar are that are needed for this one.

Bust ten situps, then jump or climb to the bar and bring your legs up straight in front of your face. Control your body, do not swing around like an ass on the bar. Once the leg raises are complete, execute three solid chinups, bringing your throat to the bar and coming to full extension of the elbows at the bottom. This makes one set, do as many sets as you can in ten minutes and record the number to slay later like yesterday's ass.

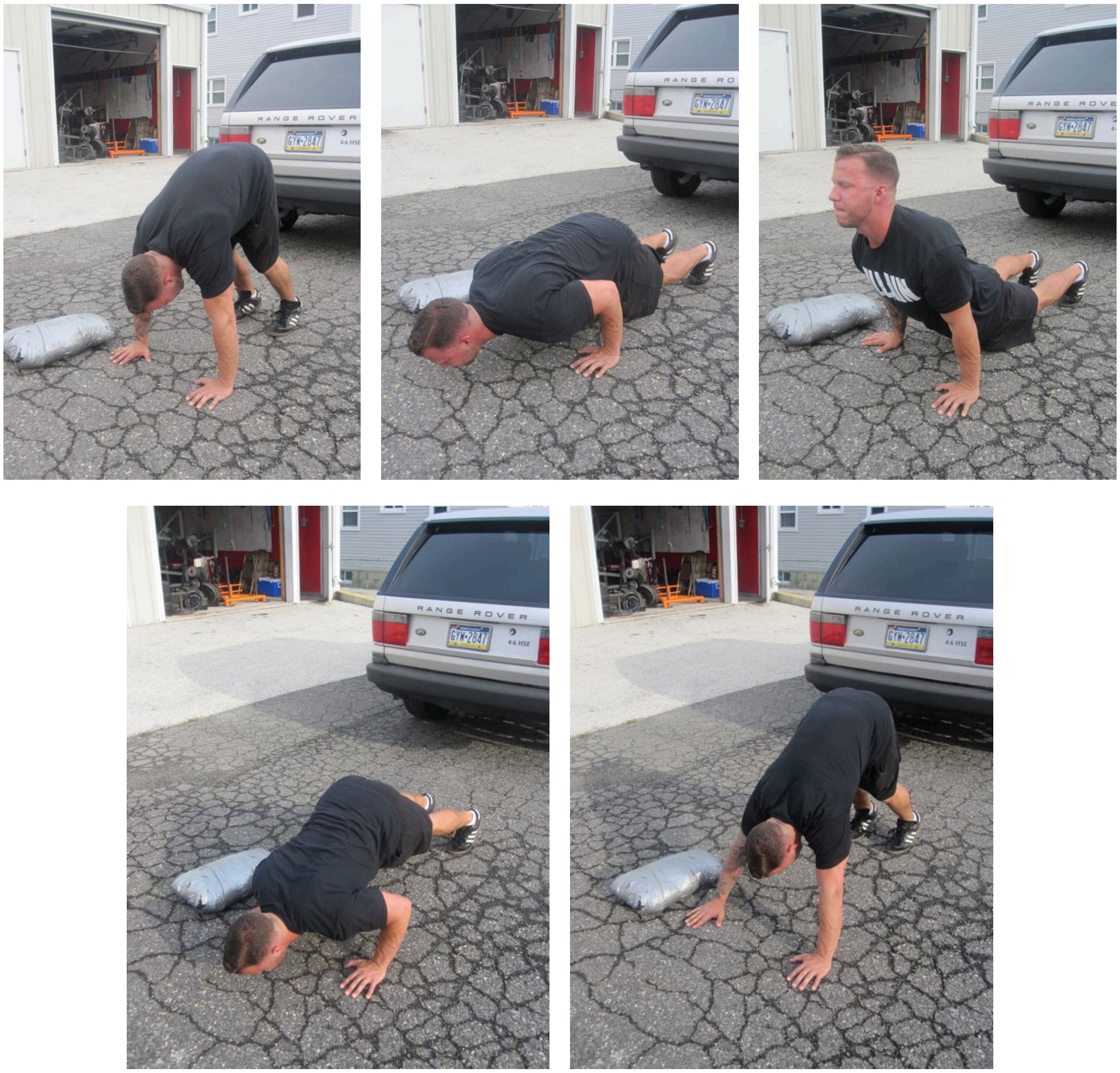


## #12 Dive Bomber x 10, Sandbag Squat & Press x 10, X 6

This one is a real bastard.

Get your trusty sandbag out for this one. Use the 80lb'er if you're of the abnormally hung variety.

Simple and to the point, ten dive bombers, then ten squat and presses with the sandbag makes one set. Do six of these beasts and record your time. Good luck.



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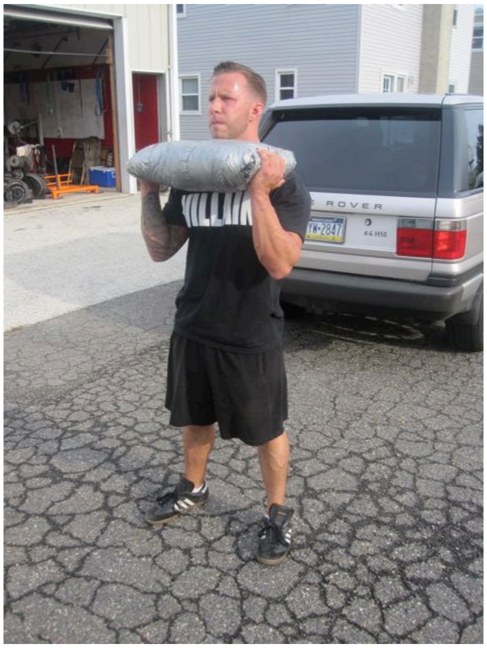
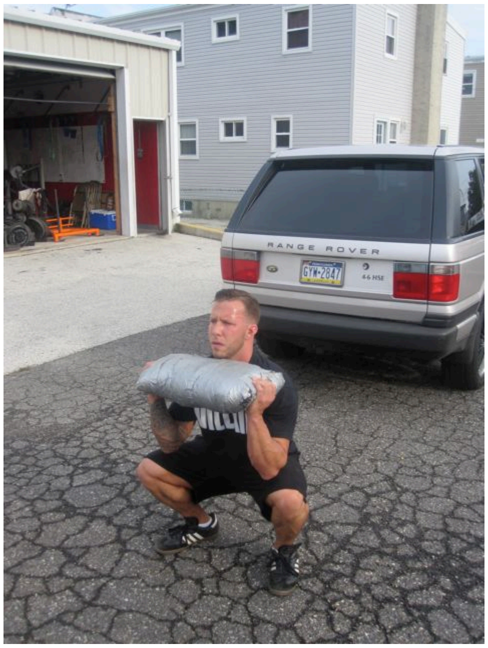
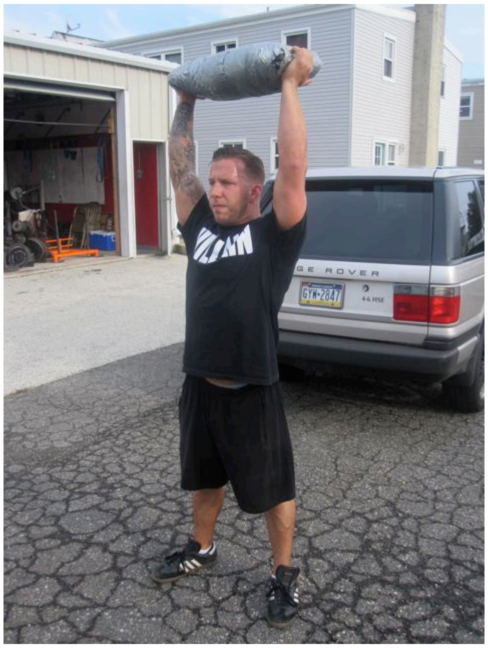






# #13 The Sandbag Mile

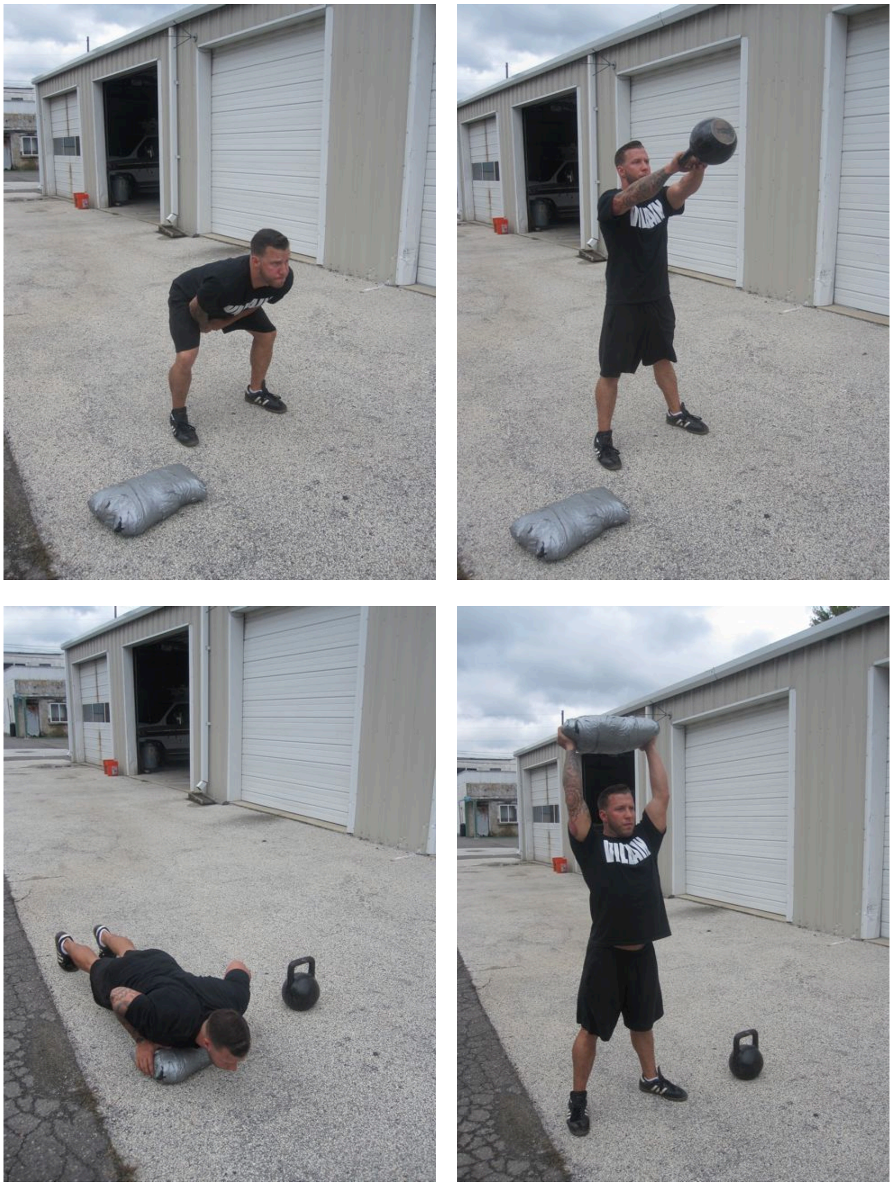
The bigger brother of the first book in this series' Sandbag half mile, it is as the name implies, one mile as fast as possible carrying a sandbag in any manner that you see fit.

Tons of fun. Have at it.

## #14 Kettlebell Swing/ Burpee, 30 seconds/ 30 seconds for 7 minutes

Push this one out to ten minutes or two or three five-minute rounds when you're more of a beast.

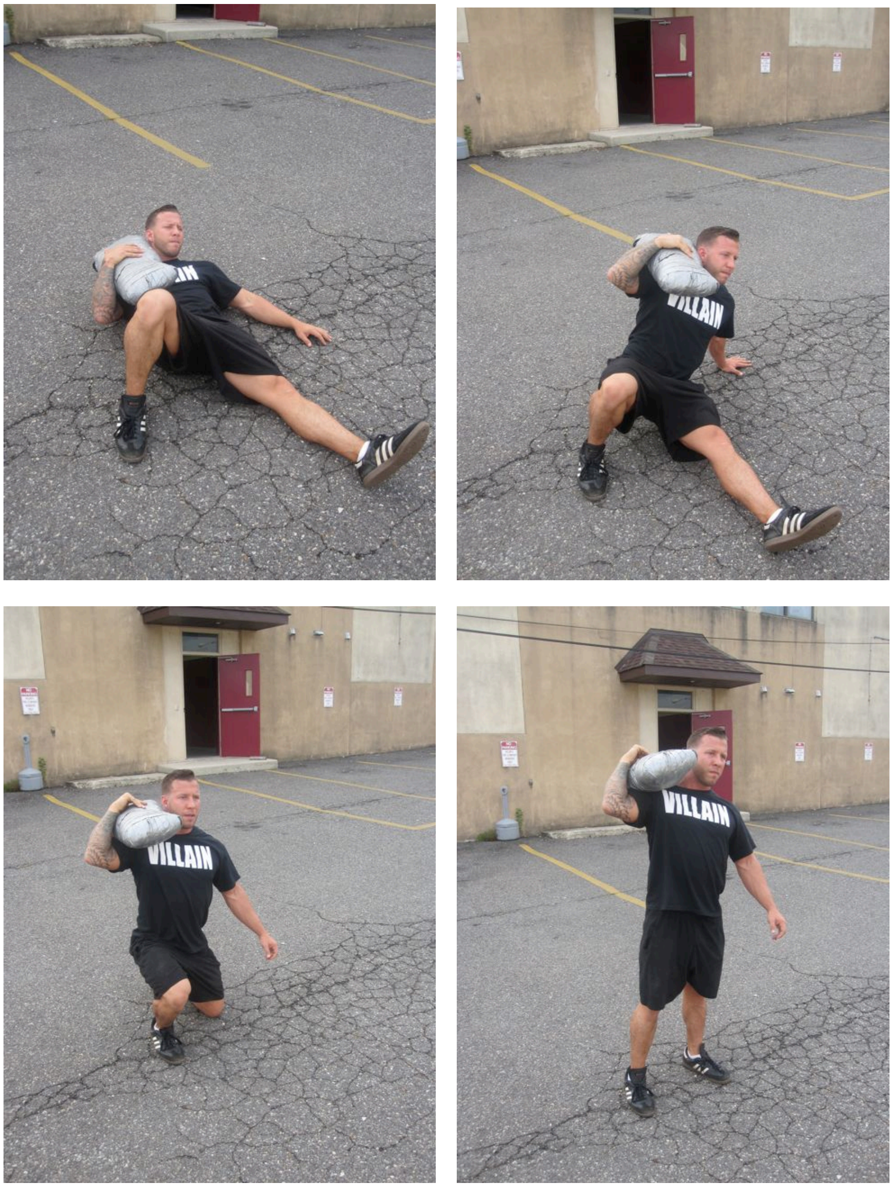
Swing a moderately weighted kettlebell (we want lots of swings here) for thirty seconds, and then bust as many burpees as you can for thirty seconds immediately following the swings. Repeat this cycle for seven minutes. This will obviously require some sort of timer. I will let you figure out how to rig that one up. My job is to bring the pain.



## #15 Sandbag Turkish Getup + Sandbag Burpee x 2, Max sets in 5 minutes

Quick and brutal, add time to this one if you must or dare.

Perform a Turkish getup by with the sandbag by lying on your back and placing the bag on your shoulder, then getting to your feet (I really don't care how pretty it is). Once you are standing, knock out two sandbag burpees. That makes one nasty, uncomfortable set. Do as many of these evil bastards as you can do in five minutes and make it count.



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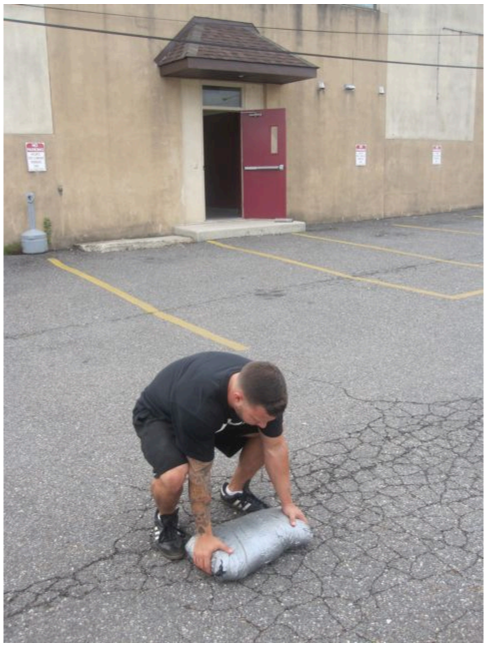

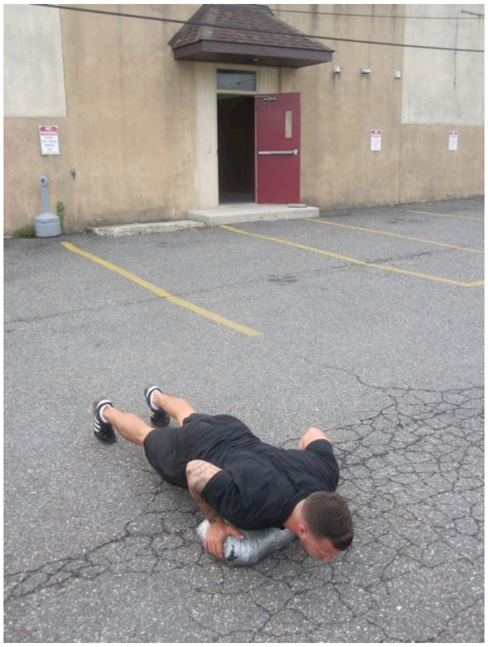

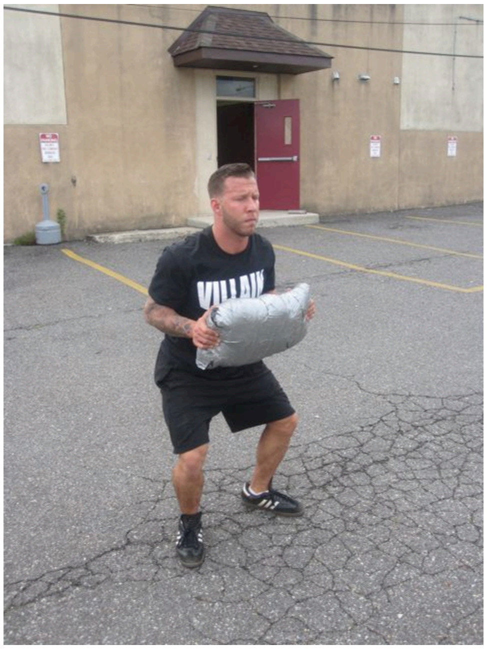
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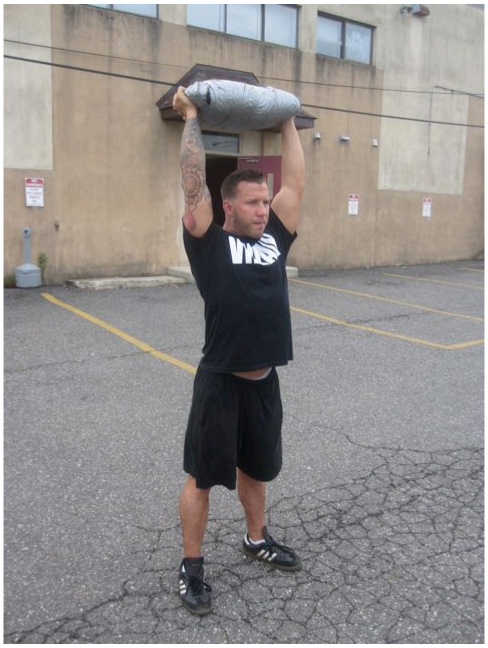
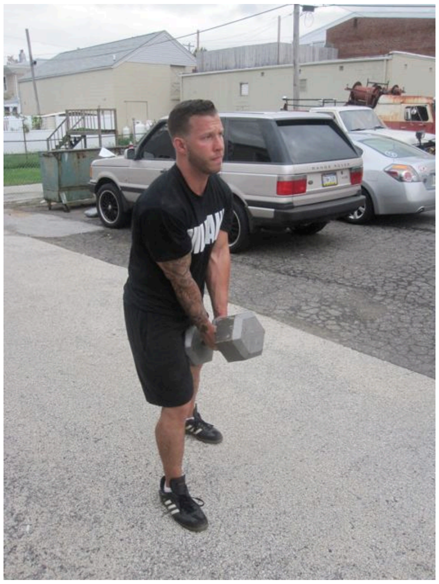
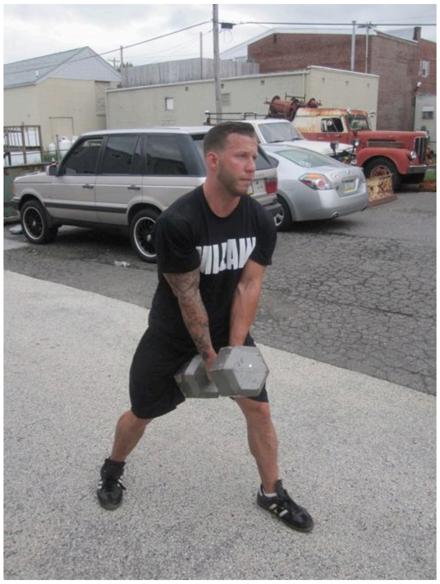


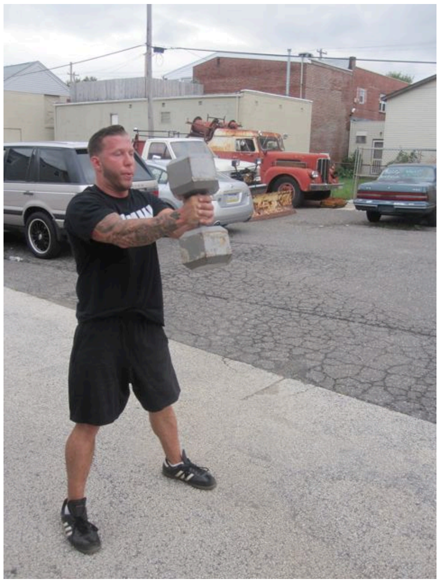
## #16 The 400m Heavy Swing Walk

This is deceptively shitty.

Get yourself a heavy kettlebell or dumbbell, we should be talking at least one hundred pounds here. Dangle it between your legs JP style and take ten steps forward, counting left plus right as one step. Once you cover ten steps, swing that big old thing like you mean it five times and then repeat the process until you cover four hundred meters.







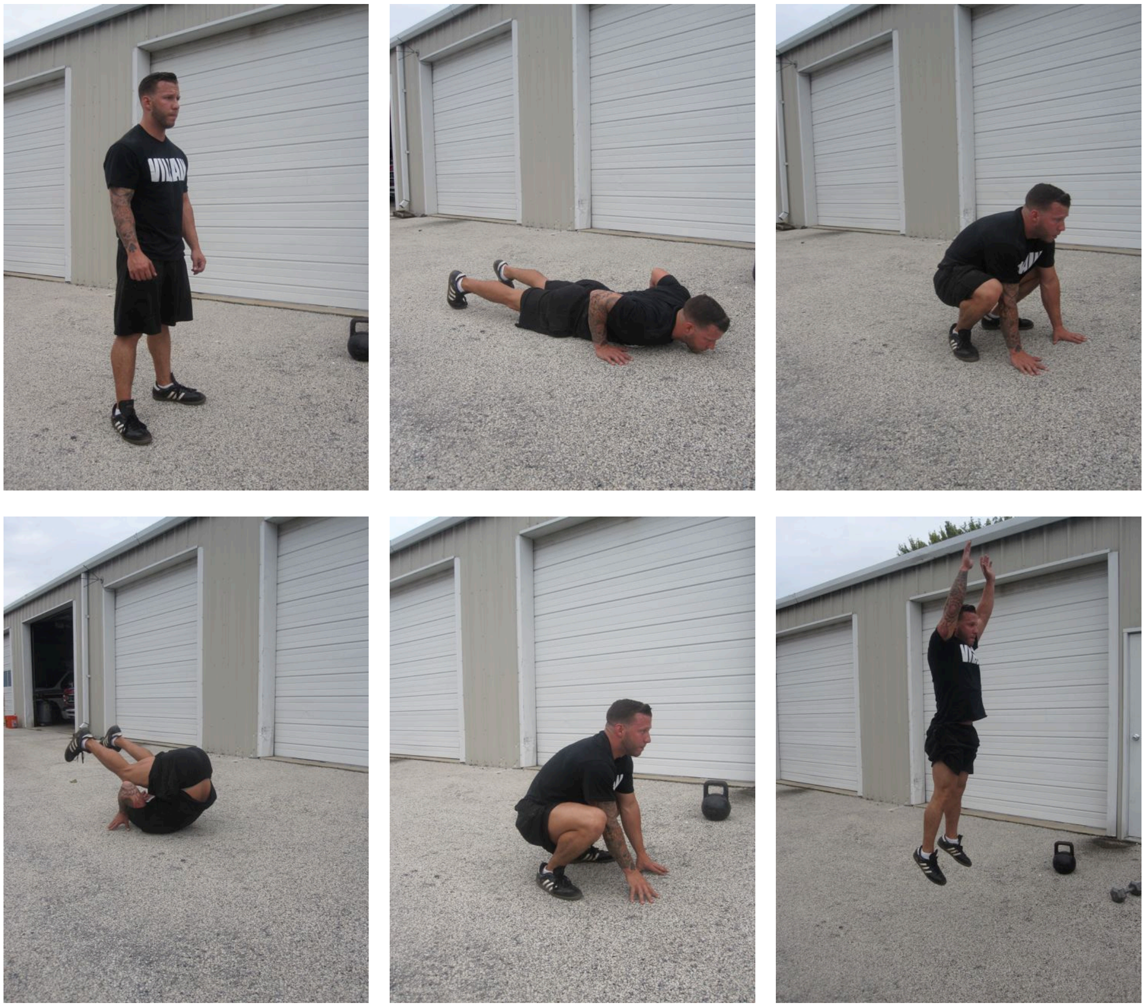
# #17 Burpee From Hell x 50

An evil spin on and old favorite.

The burpee, perhaps the most hated movement in this book, and the one that I seem to be most enamored with using to inflict lung searing pain on clients looking for unparalleled conditioning. Here is a nasty add on to the old chestnut.

The movement begins the same as the normal burpee, however instead of jumping in the air once you jump to your feet from the bottom position, you roll onto your back and bring your legs over your head to touch the ground as shown. From there you roll back to your feet and jump in the air to complete one repetition.

Bust fifty of these monsters in as little time as possible. Add reps as needed as your junk expands.



## #18 Kettlebell Swing x 20, Greyskull Grinder x 5, x 10

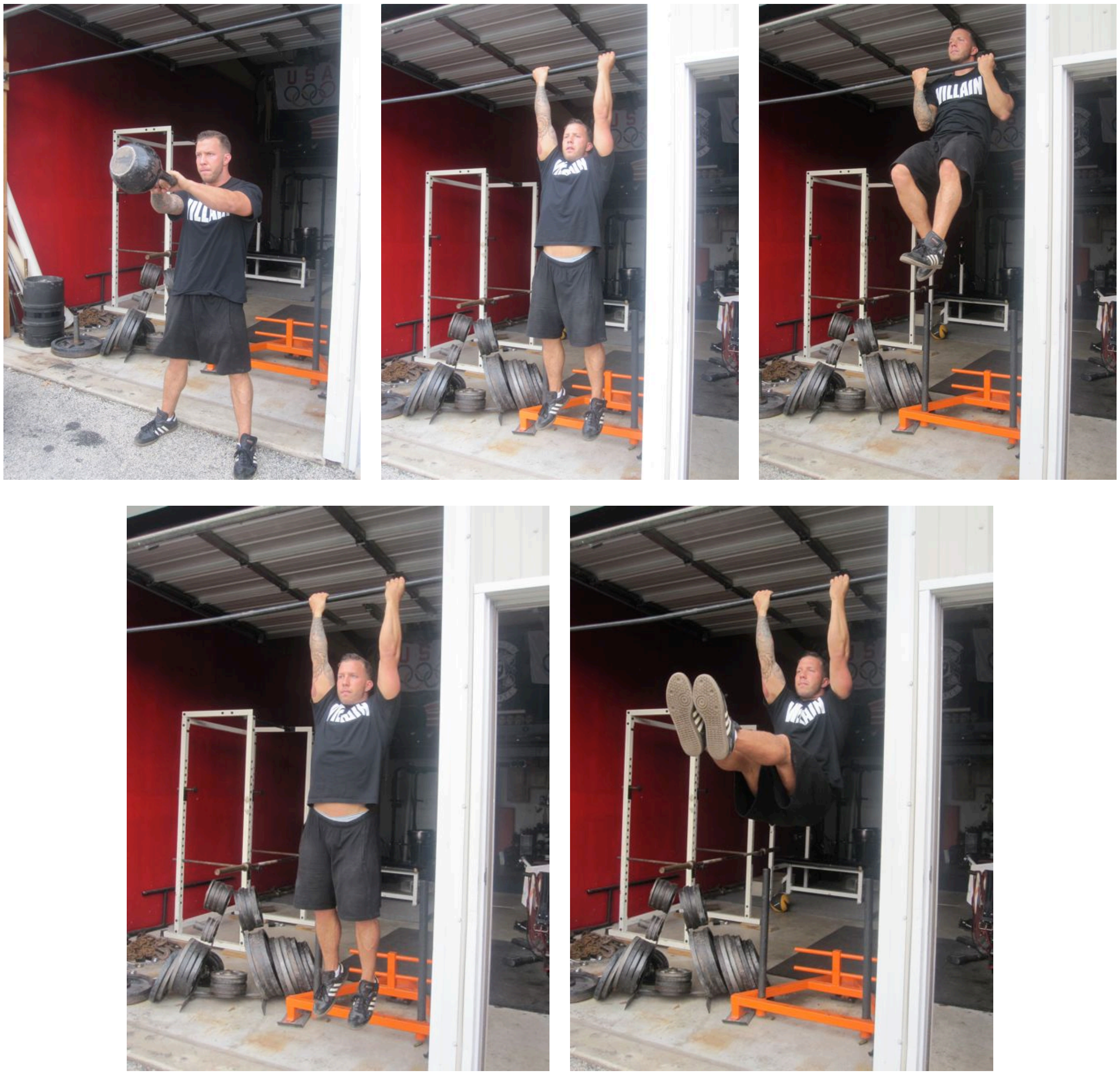
Whew.

Get yourself a moderate kettlebell. You won’t want a heavy one for this.

Knock out twenty swings with the bell and then transition to the chin up bar to crank out five repetitions of the Greyskull Grinder (one dead hang chin up followed by one hanging leg raise).

Quality of movement on the Grinders is key, but turn up the heat on getting through this bad boy. The movement counts are titrated just right to make this one very evil.

Record a time and smash it when you revisit this nightmare.

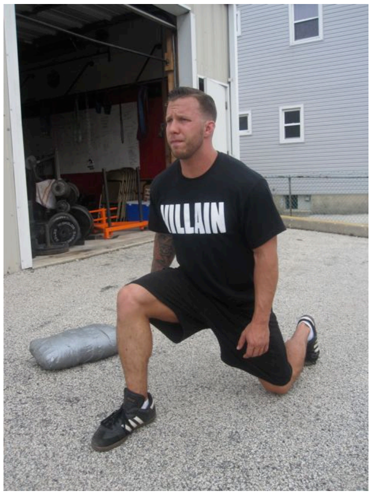


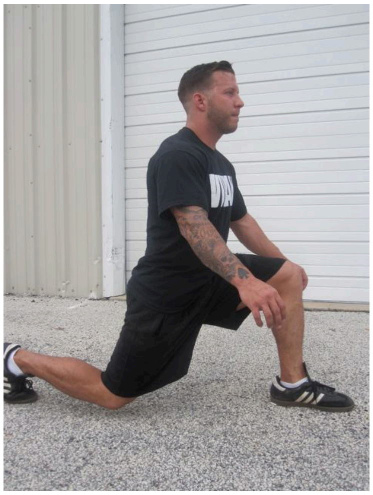
# #19 Walking Lunge Step x 20, Squat x 25, 50m Sandbag Sprint, x 4

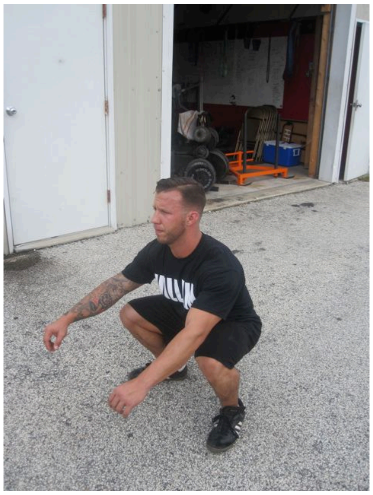
Holy jello legs.

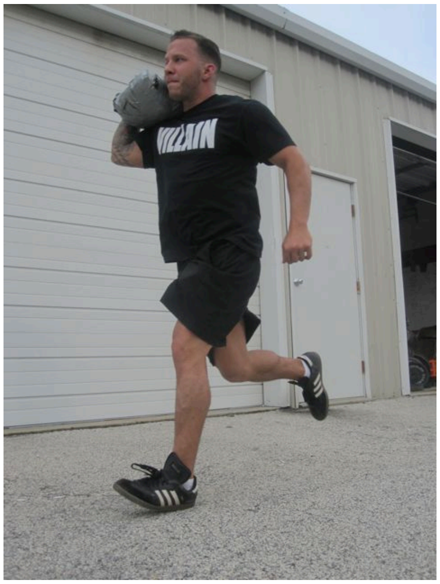
This one is just terrible. Get your sandbag and mark out a fifty-meter course. Perform twenty-five walking lunge steps (no sandbag) counting each step as one (L = 1, R = 2). Once those are out of the way, crank out twenty-five deep bodyweight squats. After the squats are through, pick up the sandbag and haul ass on a fifty-meter sprint with everything you have.

Repeat four times and then move all of the items you will need in your house to the first floor to avoid the stairs for a few days.







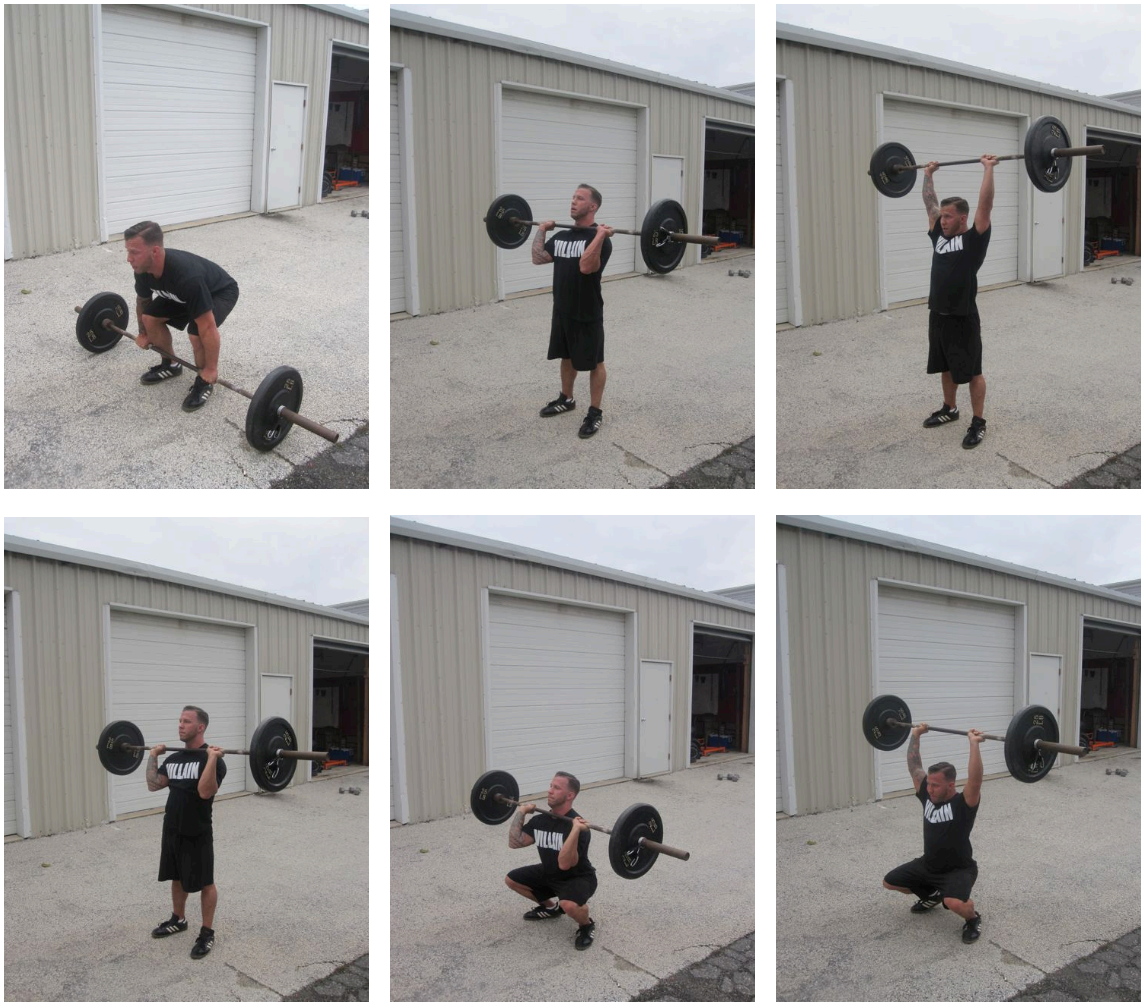


# #20 (Clean and Press, Front Squat, Sots Press) 5 x 5

Load up a bar with a challenging but doable load (this will take a little feeling out). In my experience most will start out too heavy for this one and need to reduce the weight. That is fine; don't sacrifice quality of movement for weight here.

Clean the bar to the shoulders and then press or push press it overhead. Return the bar to the "rack" position and then execute a front squat, pausing in the bottom. While in the bottom of the squat, perform a Sots press by pressing the bar overhead to lockout and then returning it to the rack. Once the bar is back in the rack position, stand to complete the squat and the complex itself. That makes one repetition.

Hit five sets of five of this complex with a one-minute rest in between sets. Very gradually increase weight on this one.



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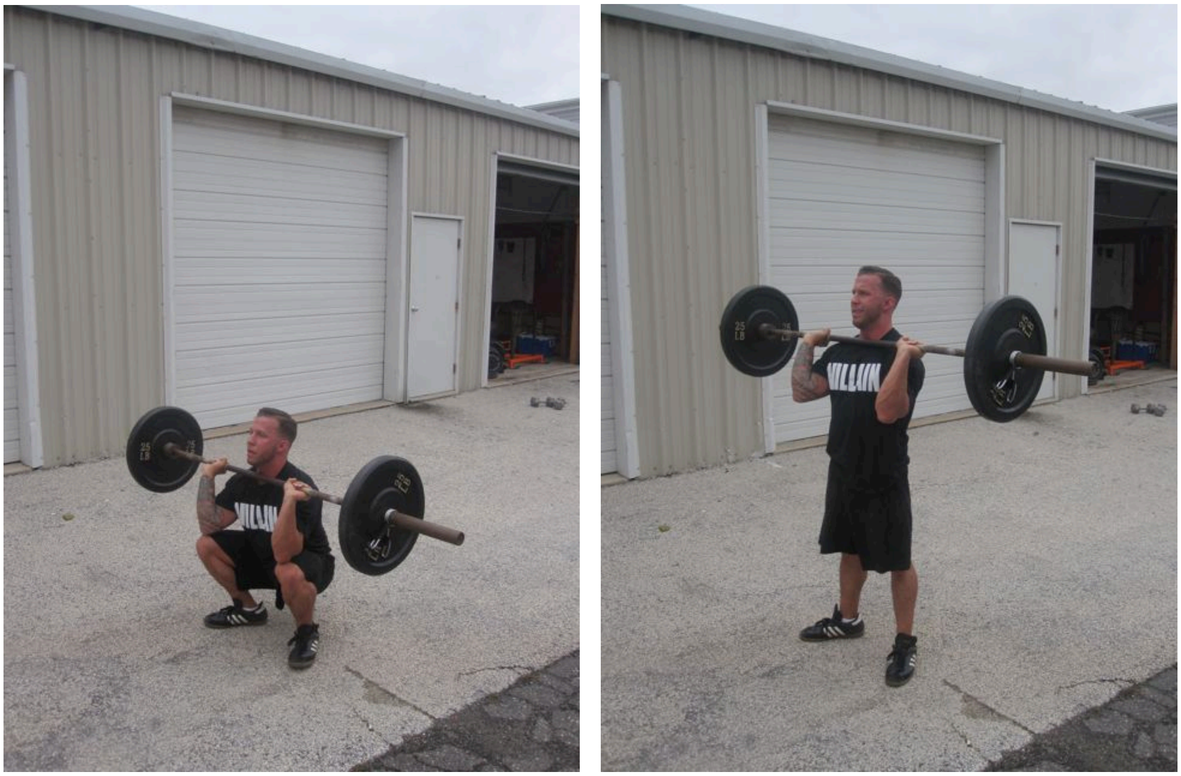
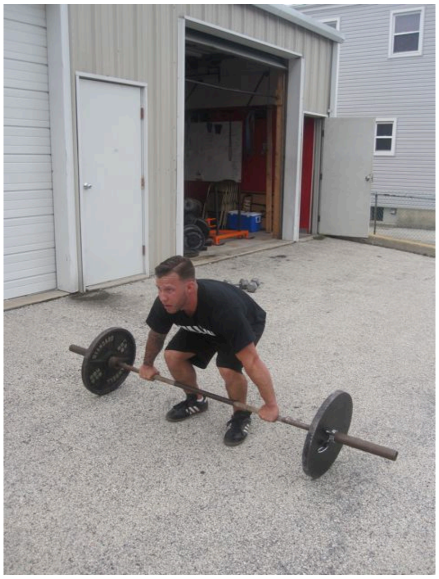
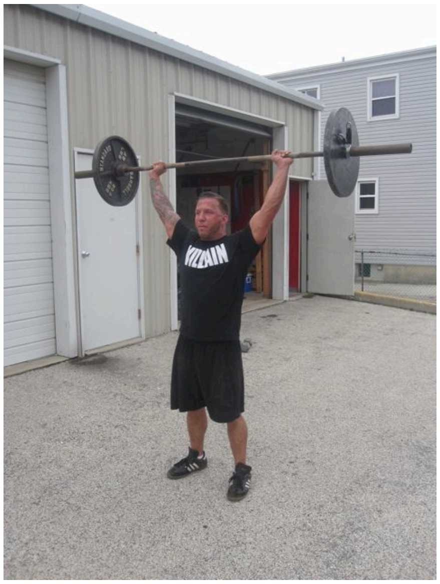


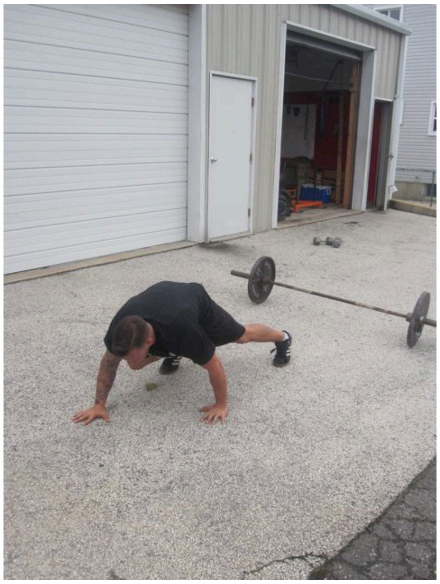
# #21 Power Snatch x 10, 40yd Bear Crawl x 3 Sets

Yes I'm aware I'm mixing units of measure in this book, it's ok though, some of my best friends are yards.

Load up a bar with a stout weight (this should be tough, but not so heavy that you have to stop multiple times throughout the sets with the barbell). Mark out a twenty-yard mark as a turn around. Hit the power snatch for ten reps and then bear crawl your happy ass down to the turnaround point and back to finish one set. Two more and call it a day.





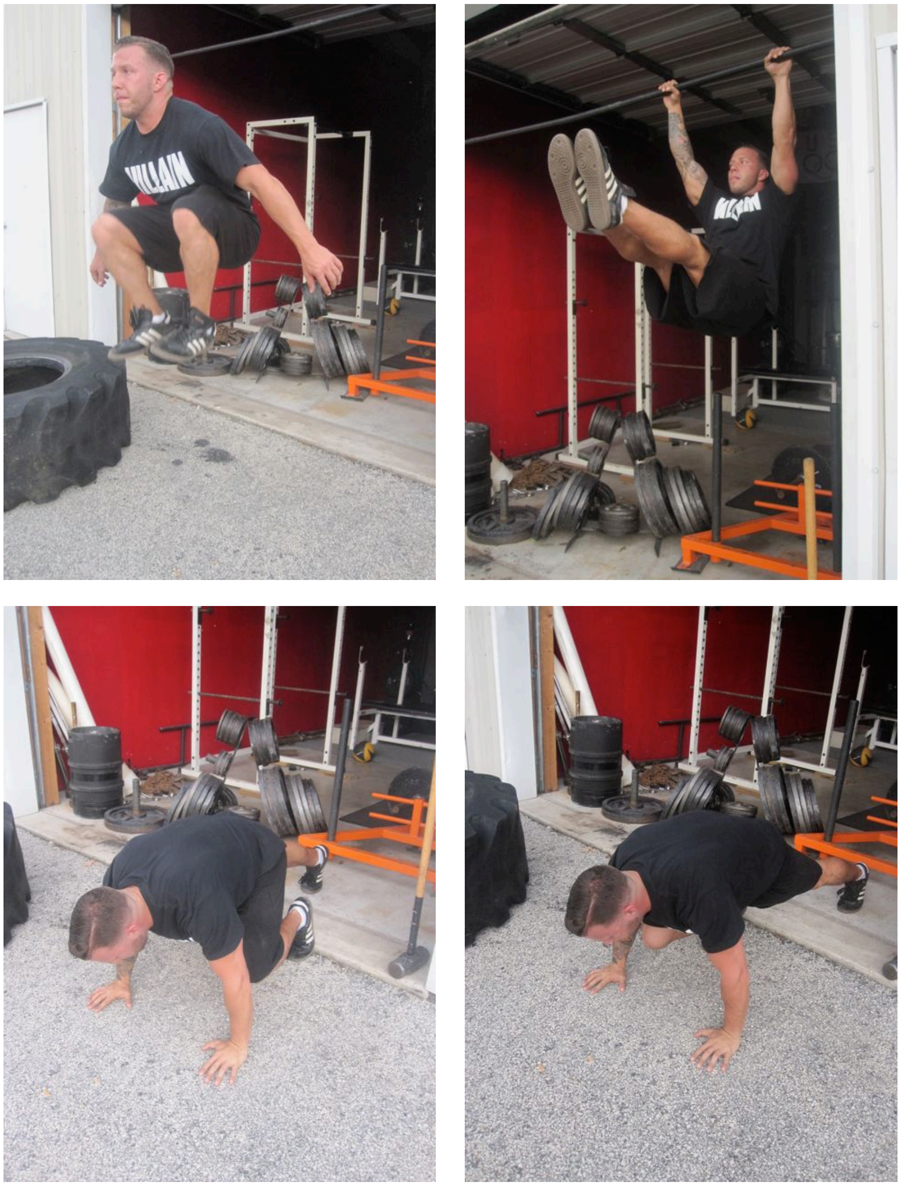


# #22 Tuck Jump x 20, Hanging Leg Raise x 10, Mountain Climbers x 20 Max Sets in 7 minutes

Revisit your last meal.

Bust twenty tuck jumps (knees to chest, no donkey kick bullshit), then hit the chinning bar for ten good quality hanging leg raises (knee raises are ok, but you should be on leg raises by now). Once those are out of the way, drop and give me twenty mountain climbers, counting left plus right as one rep.

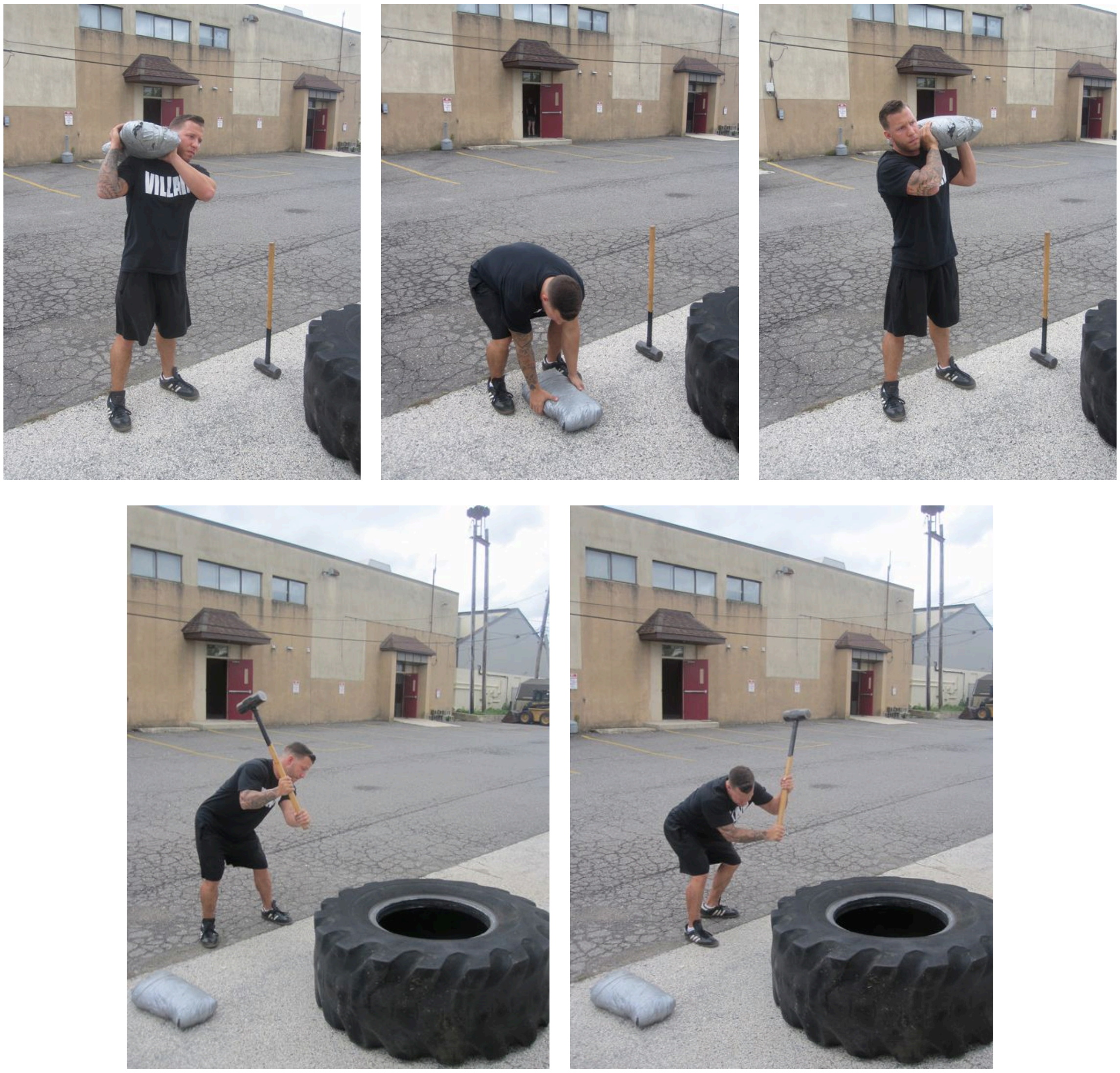
It's ok to hate me for this, I won't be mad.



## #23 Sandbag Shouldering/ Sledgehammer Swing, 30 seconds Alternating, x 6

Get your sandbag, tire, and hammer out for this one.

Start a clock and shoulder the sandbag (bring the bag from ground to your shoulder in an alternating fashion, left then right) for thirty seconds. At the thirty-second mark transition to swinging the sledgehammer at the tire as hard as you can for another thirty seconds. Rest for one minute and then repeat for a total of six minutes. Have a partner record how many reps of each you do during each set if you have that capability. If not do the best honest mental count that you can and try not to have more than a five-rep difference between the first and last set.



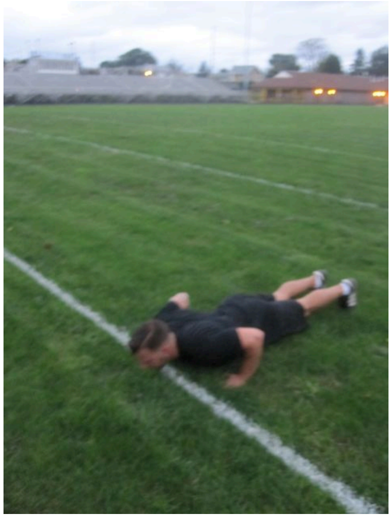
# #24 Burpee Suicides

This is just what it sounds like.

Hit the football field or another suitable spot. Mark out four points spaced about ten yards apart. Start at the first mark and sprint to the second. When you reach the second spot hit five burpees. Once the burpees are complete, sprint back to the start point, turn around and head to the next farthest point. Hit five more burpees at that spot and then sprint back to the start. Repeat the process for the last point that is marked and sprint back to the start.

Rest for a short time and hit it again. Start with four reps or so and then work your way up as you get more conditioned.

These suck, nuff said.

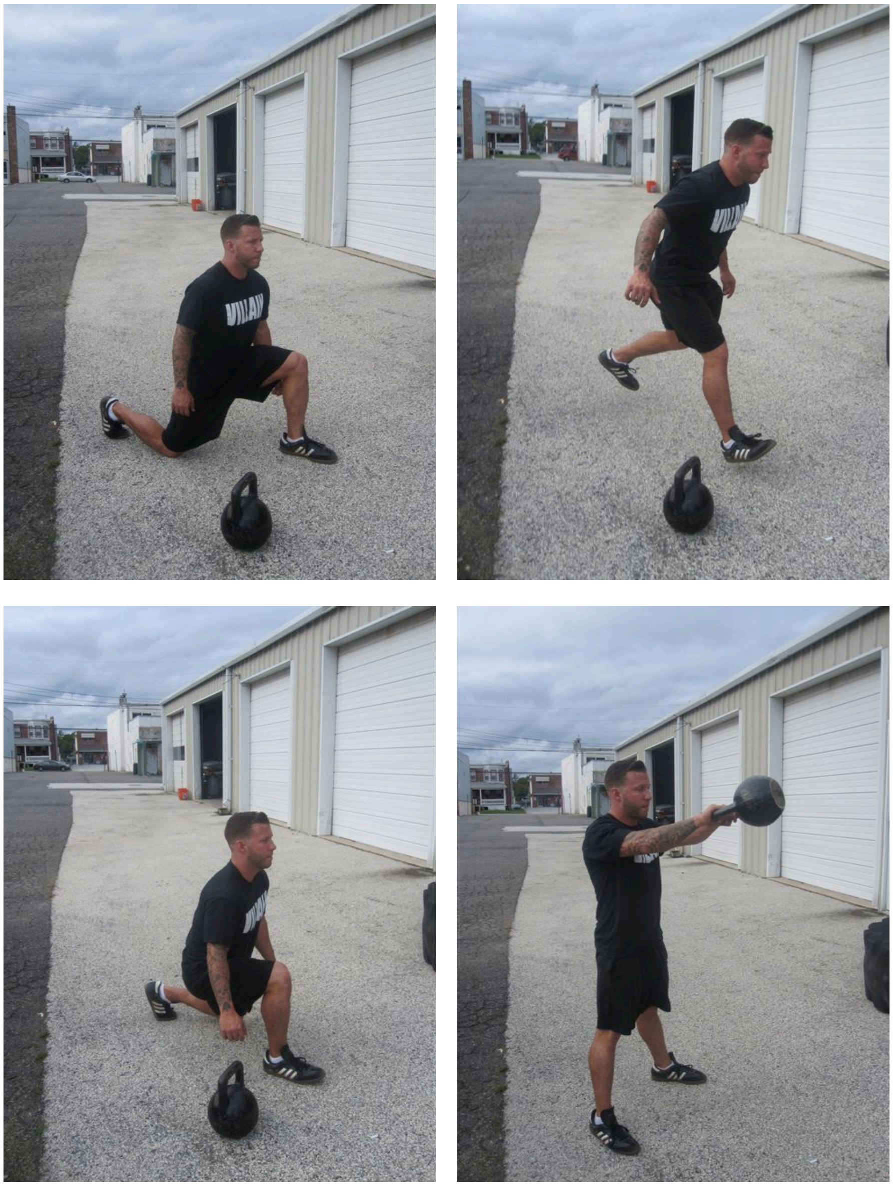


# #25 Devil Lunge x 10, Kettlebell Swing x 20, x 6

The devil lunge, aptly named.

The devil lunge entails doing one lunge step then jumping from the bottom of the movement, and switching legs in mid air perform this evil exercise. You land in the bottom position of a lunge with the opposite leg in front. One repetition is complete when both legs have been in the forward position.

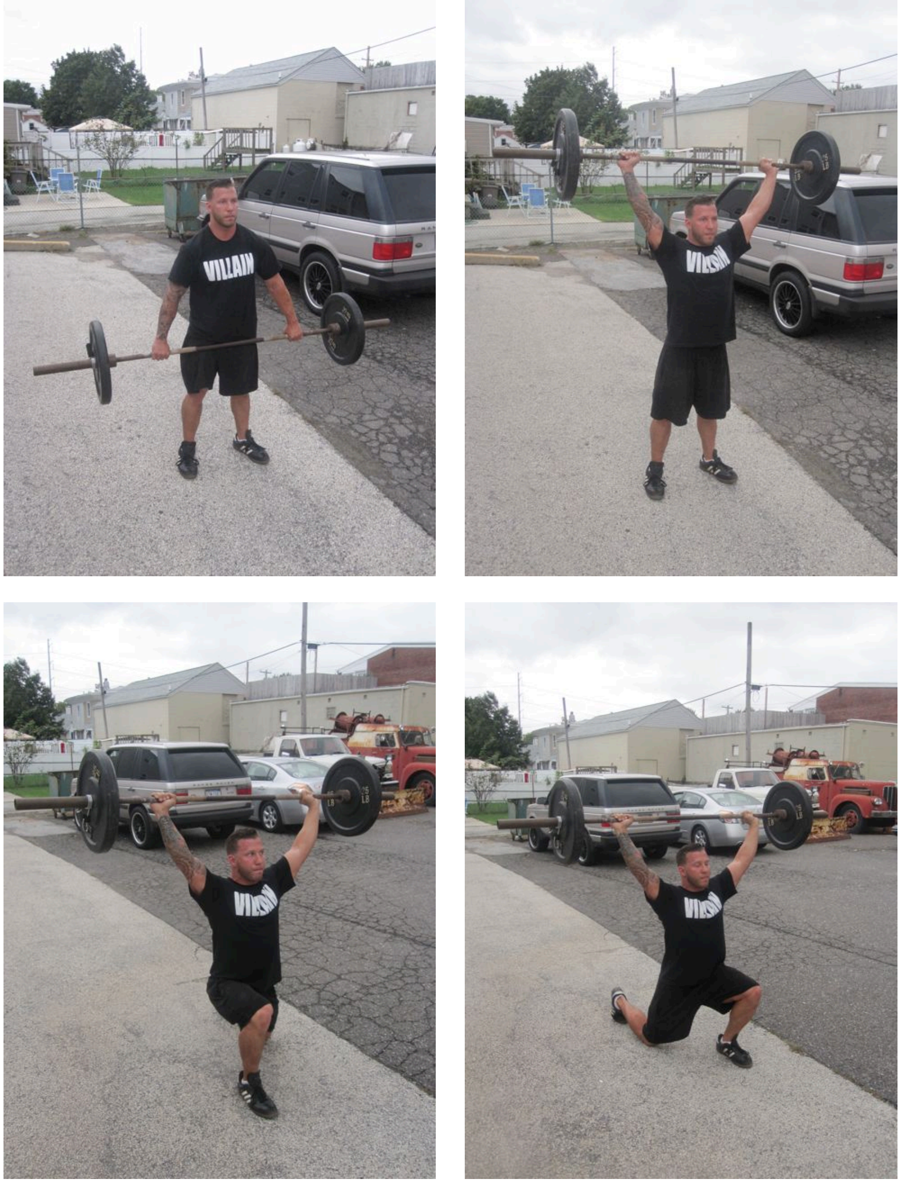
Do ten of these ball busters and then swing a heavy kettlebell twenty times. Five sets and call it a day.



## #26 200m, Hang Power Snatch x 3, Overhead Walking Lunge x 10 steps

Get yourself a moderately weighted barbell; again we are not looking to have to set the thing down a lot during the workout. Power snatch the bar overhead three times, leaving it overhead at the top of the third snatch. Take ten walking lunge steps, counting each leg as one step and then repeat the process until you have covered two hundred meters.

Grueling to say the least.

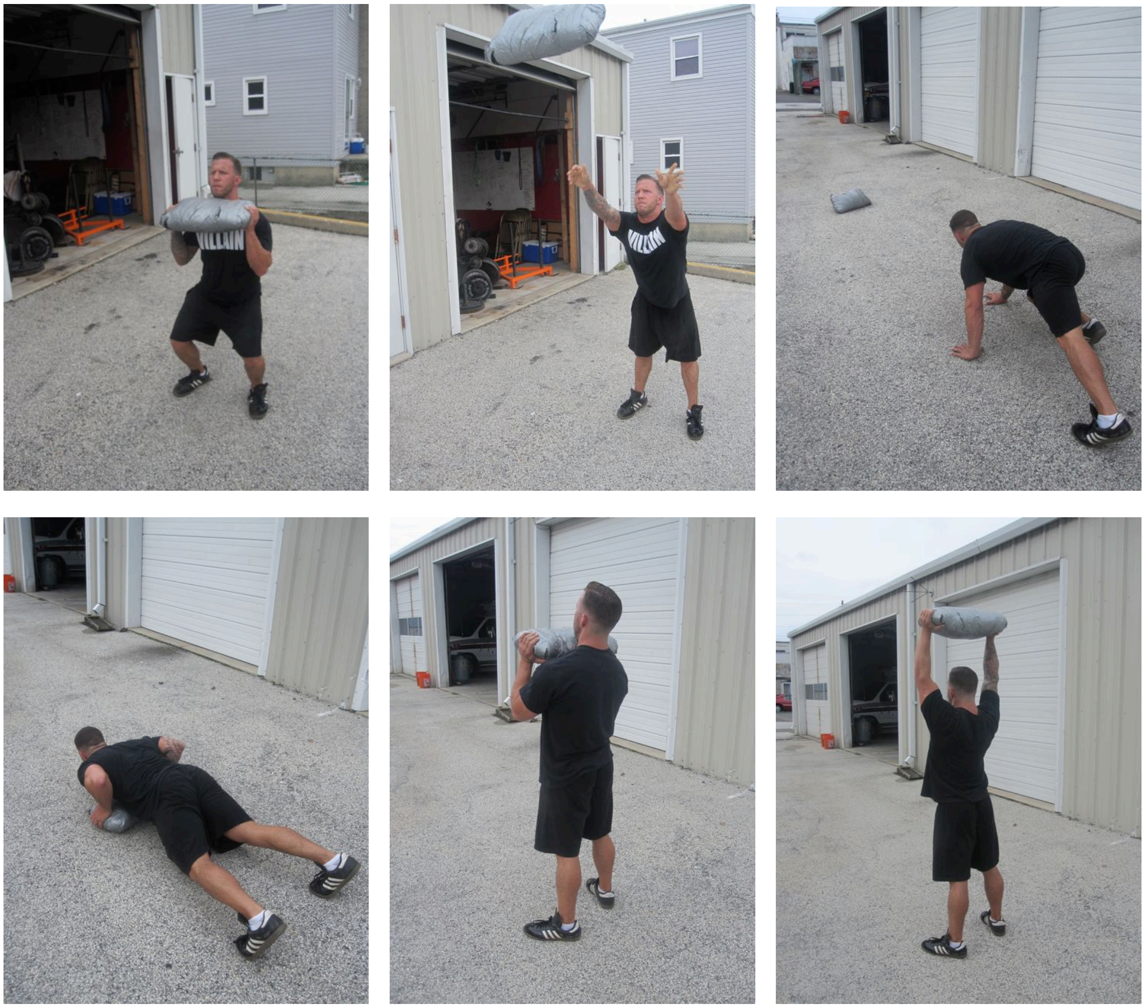


# #27 100yd Sandbag Throw, Bear Crawl, Sandbag Burpee

Pick up your pet sandbag and hit the football field for this one.

Begin in the end zone and chest pass the bag as far downfield as possible, then get on all fours and bear crawl to the landing site. Once you reach the bag, perform one sandbag burpee, and toss the bag out in front of you at the top.

Repeat the process until you make it into the other teams end zone.

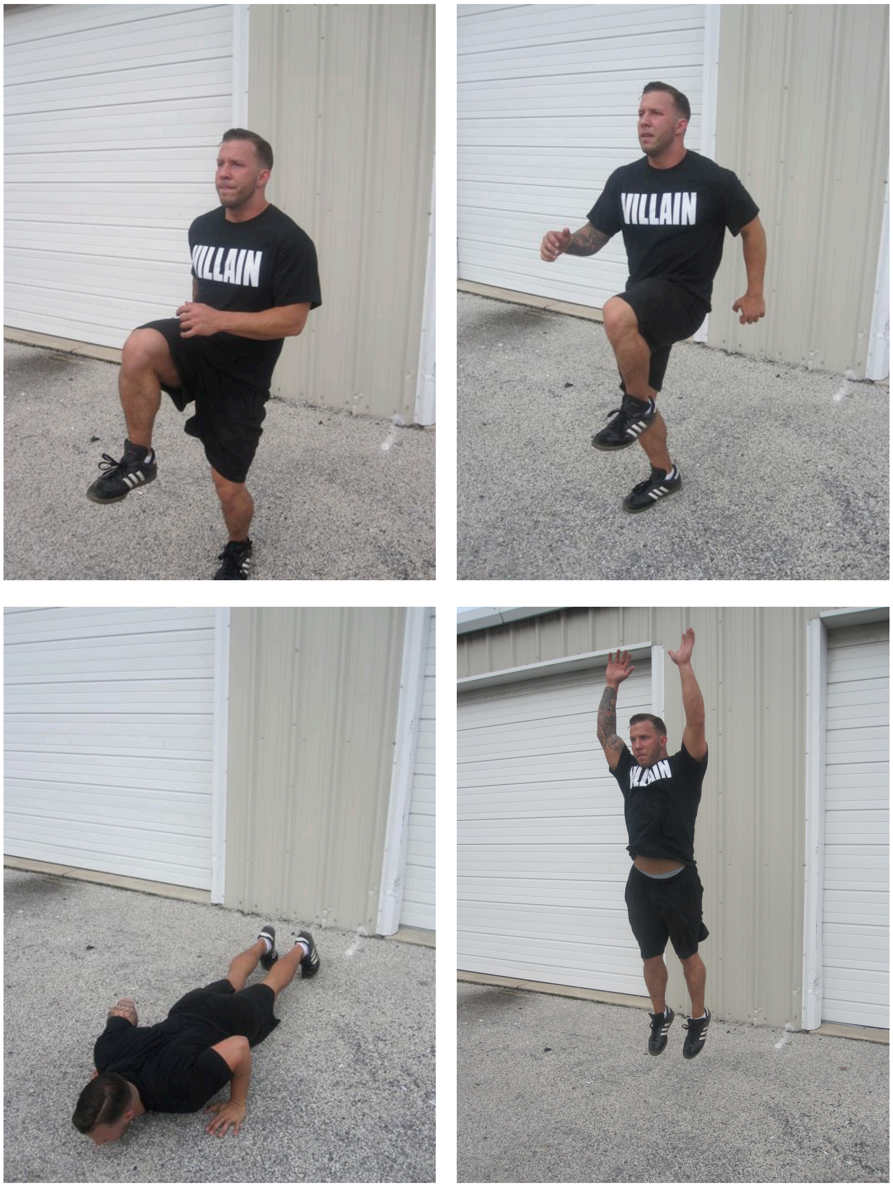


# #28 5 minutes, High Knees x 10, Burpee x 2

This is a quick and easy (no equipment) ball buster.

Set a timer for five minutes and start pumping out high knees (jog in place, bringing your knees high into your chest). One left plus one right makes one repetition. Once you've reached ten reps, bust out two burpees.

See how many sets you can knock out before the buzzer.

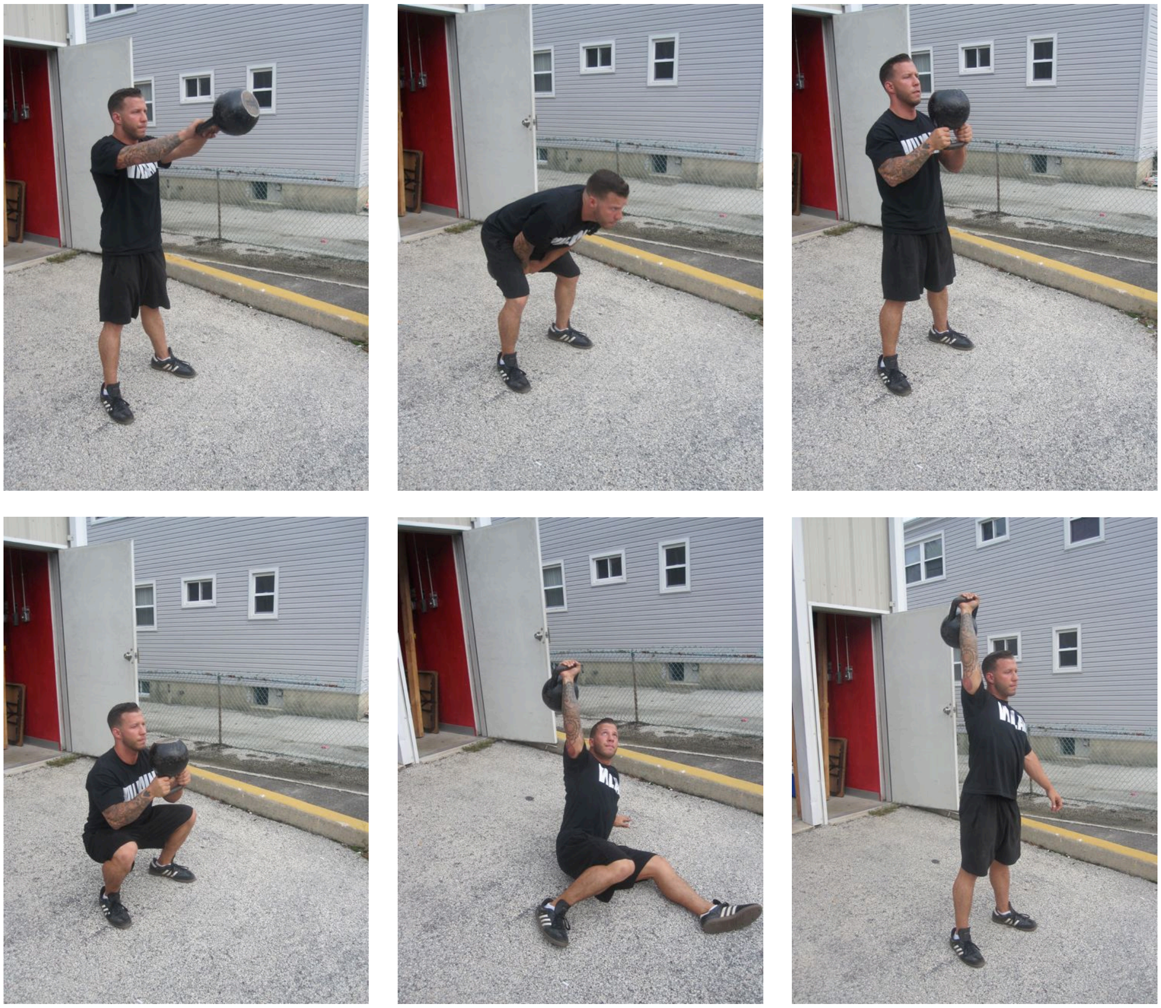


# #29 Kettlebell Swing to Catch and Goblet Squat x 10, Turkish Getup x 5, x 5

More kettlebell fun.

Perform ten reps of the swing to catch and goblet squat, swing the bell to eye level, then once again, catching the bell in the goblet position on the chest and then knocking out a deep, solid goblet squat. Hit nine more of these bad boys and then hit the deck for five Turkish getups. Switch hands each rep.

Five sets of this and then lay then it's shower and cigar time for the day.

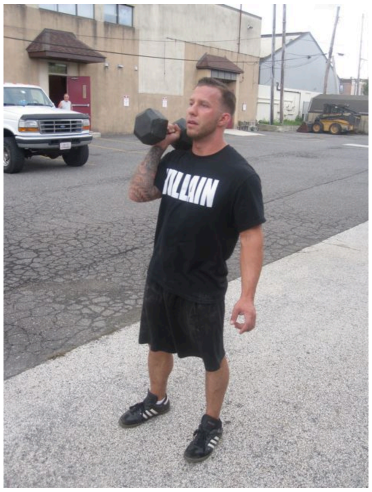


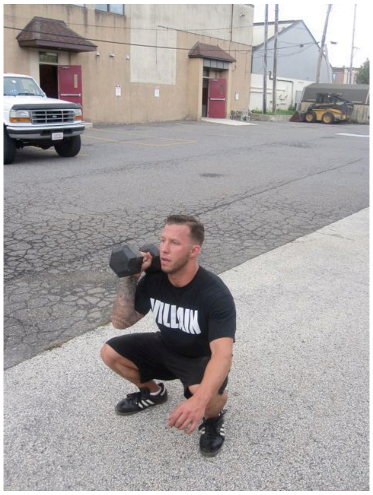
# #30 Dumbbell One Arm Squat to Press x 10, One Arm Dumbbell Situp x 10, x 10

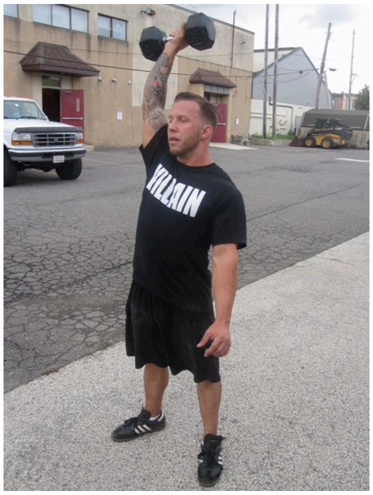
Never a fun one.

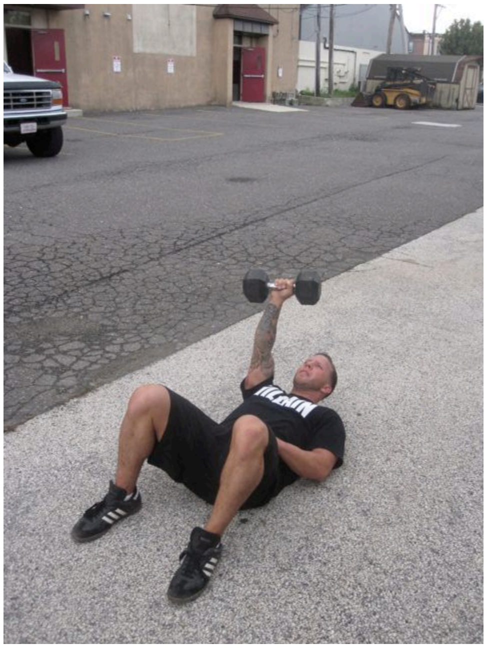
You only need one dumbbell for this one. Hold the bell in your left hand and knock out ten squat to presses (it’s exactly what it sound like, squat, holding the bell in the “rack” position then come out of the bottom and press the bell overhead at the top). Once you’re done with those, hit the deck and, while holding the bell in your left hand outstretched over your chest, knock out ten situps. The bell will end up overhead locked out at the top of the situp. That makes one set. Switch hands each set for a total of ten sets.

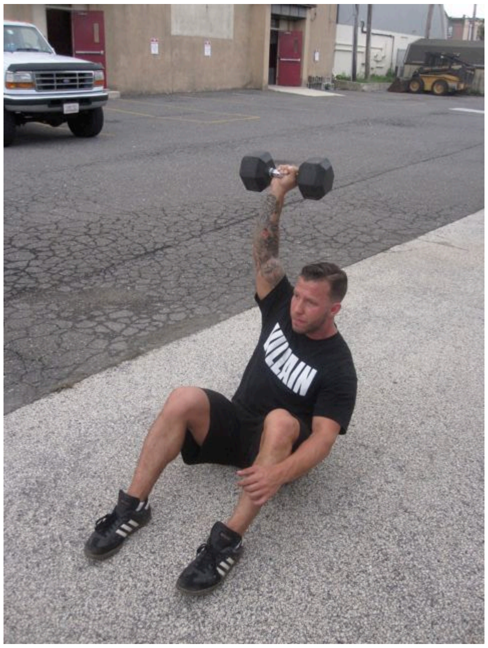
You’ll learn all about the anatomy of your abdominal wall in the days to follow.







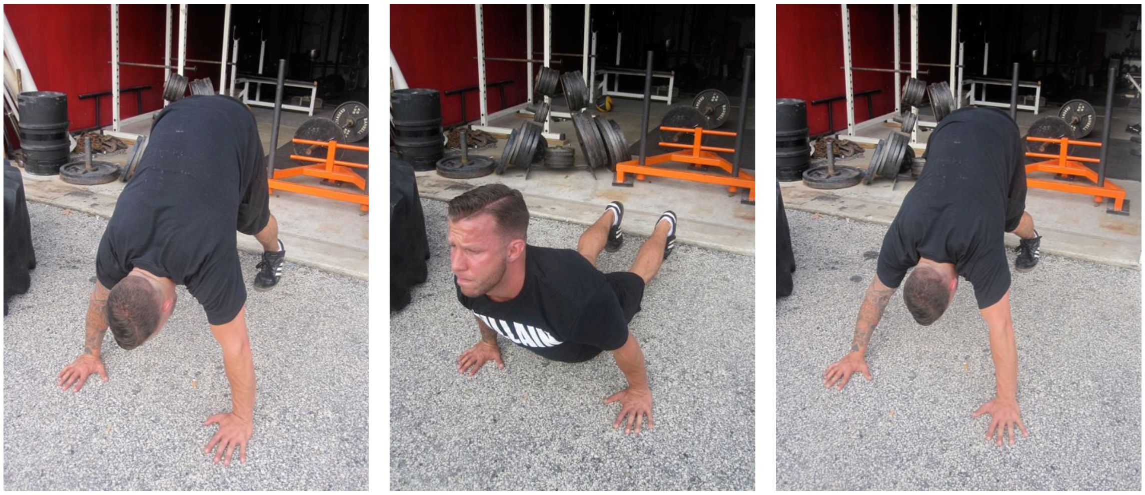


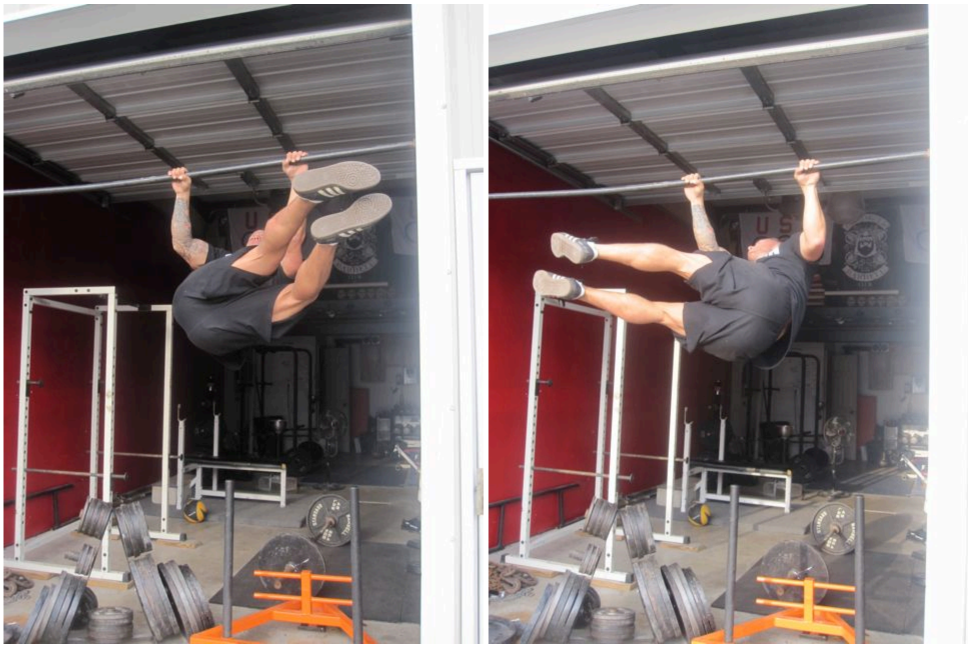


# #31 Descending Ladder from 10, Dive Bomber Pushups, Windshield Wipers

I love this one personally.

I have an affinity for the dive bomber, always have. Do ten of these great pushups and then hit the chinning bar. From a dead hang, lift your legs straight up so that your feet are touching or close to the bar. Tilt your legs to the left and then to the right as in a car's windshield wipers to make one repetition. Do ten of these and then hop back down to the ground. Begin the process again, this time doing nine of each. Repeat, losing one rep each time until you are doing one rep of each exercise. Keep a time for this one if you like and try to beat it next time.



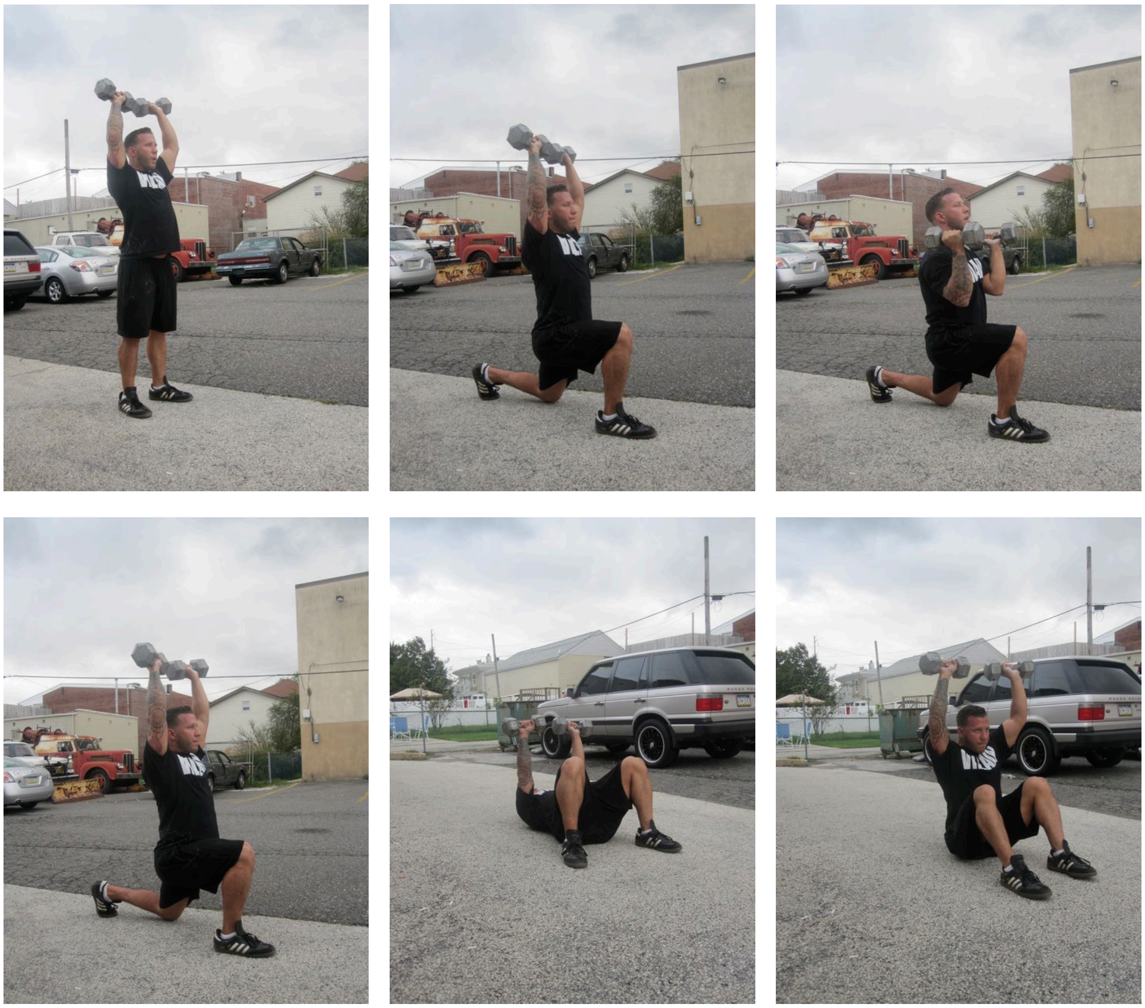


# #32 Dumbbell Overhead Walking Lunge + Press x 10, Dumbbell Situp x 10, x 7

Gotta love the versatility of dumbbells.

Hold two dumbbells overhead waiters walk style. Lunge forward with one leg and hold the bottom position, keeping your knee about one inch off of the ground. While in the bottom position, bring the bells down to your shoulders and press them back overhead in a controlled motion. Stand and lunge forward with the opposite leg, repeating the pressing process in the bottom. Each leg plus a press equals one repetition. Do ten reps and then transition to the dumbbell situp. Lie on your back with the bells pressed at arms length over your chest. Situp, allowing the bells to end up over your head at the top of the movement. Anchor your feet if you like.

Seven sets and that's that.

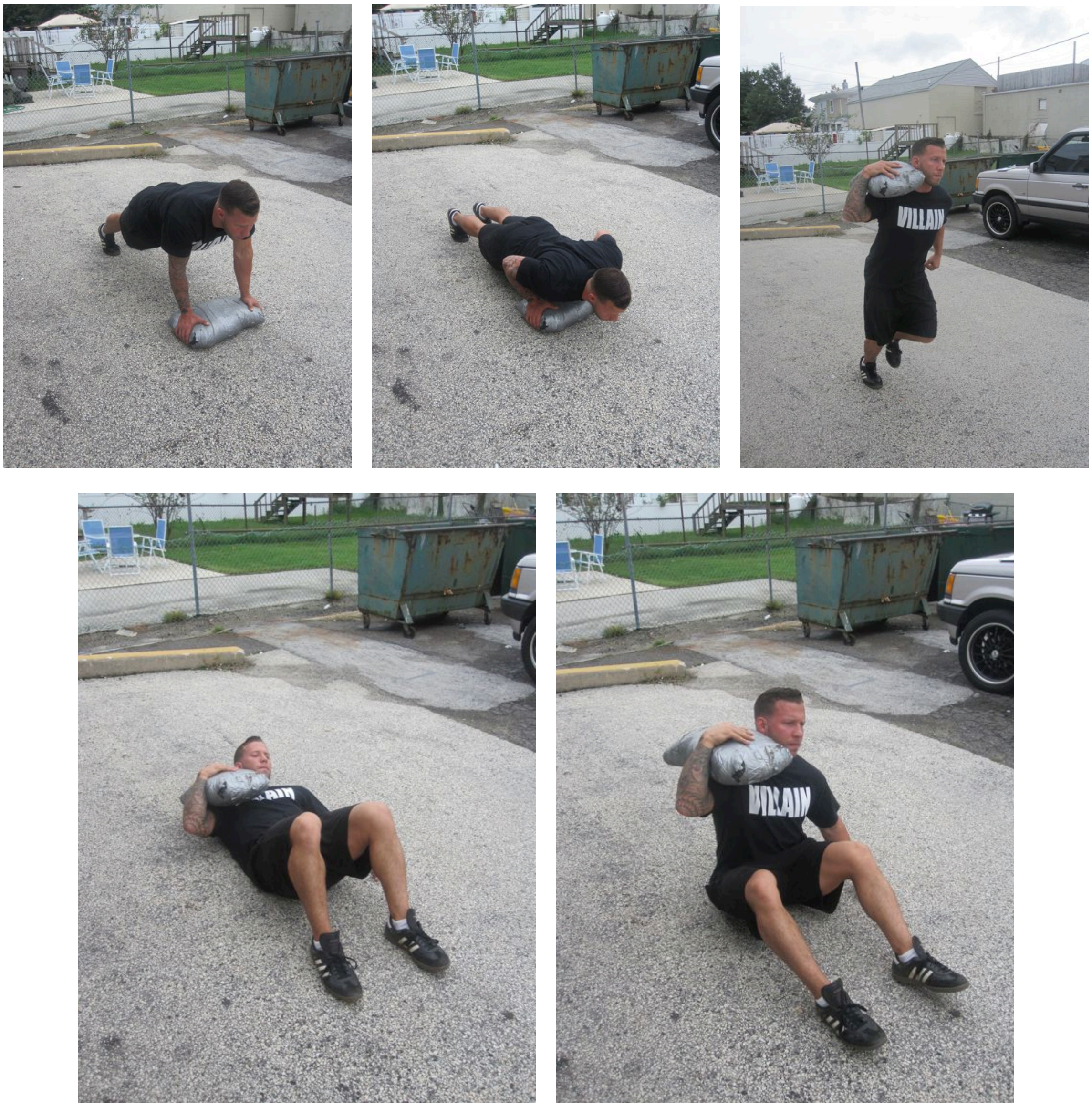


## #33 Sandbag Pushup x 10, 50m Sandbag Sprint, Sandbag Situp x 10, x 7

No fun, none whatsoever.

Mark out a fifty-meter course and grab your sandbag. Start at one end and bust ten pushups on the bag, breaking from the last rep directly into a balls out sprint to the other end. At the end, throw the bag on your shoulder or across your chest and knock out ten situps (humbling to say the least). Roll over Bony style and start over with the pushups to begin the second set.

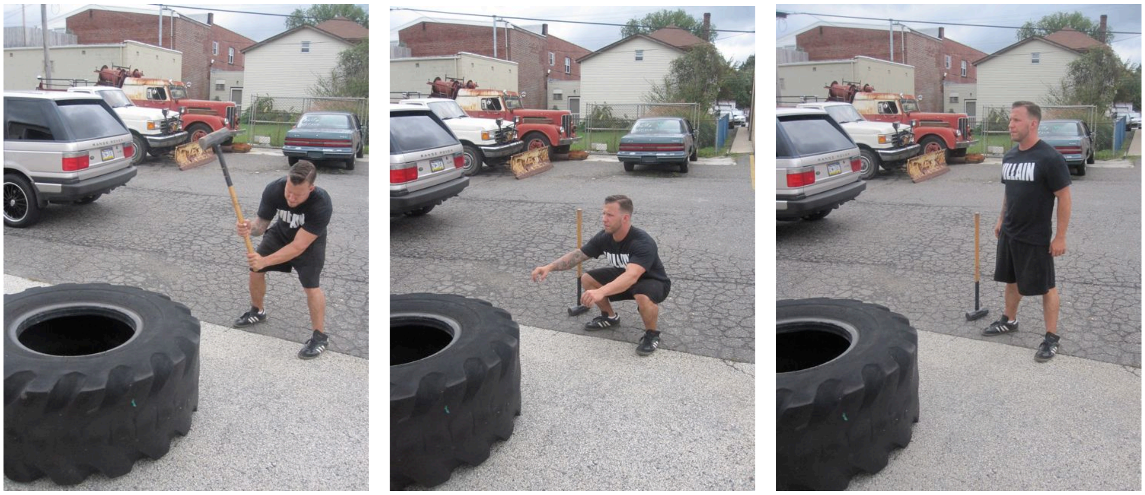
Seven of these bad boys on the clock, have at it.



# #34 Sledgehammer Swing/ Squat, Alternating 20 seconds on 10 seconds off

Ok, so those of you familiar with the Tabata method, think of this as an eight-minute Tabata, alternating exercises each round. Twenty seconds of sledgehammer swings on a tire followed by ten seconds of rest, followed by twenty seconds of squats, then ten seconds of rest; end minute one.

Got it? You got it. Record the total number of reps you do during each round and score the session by the lowest number of reps you got of each in any round.

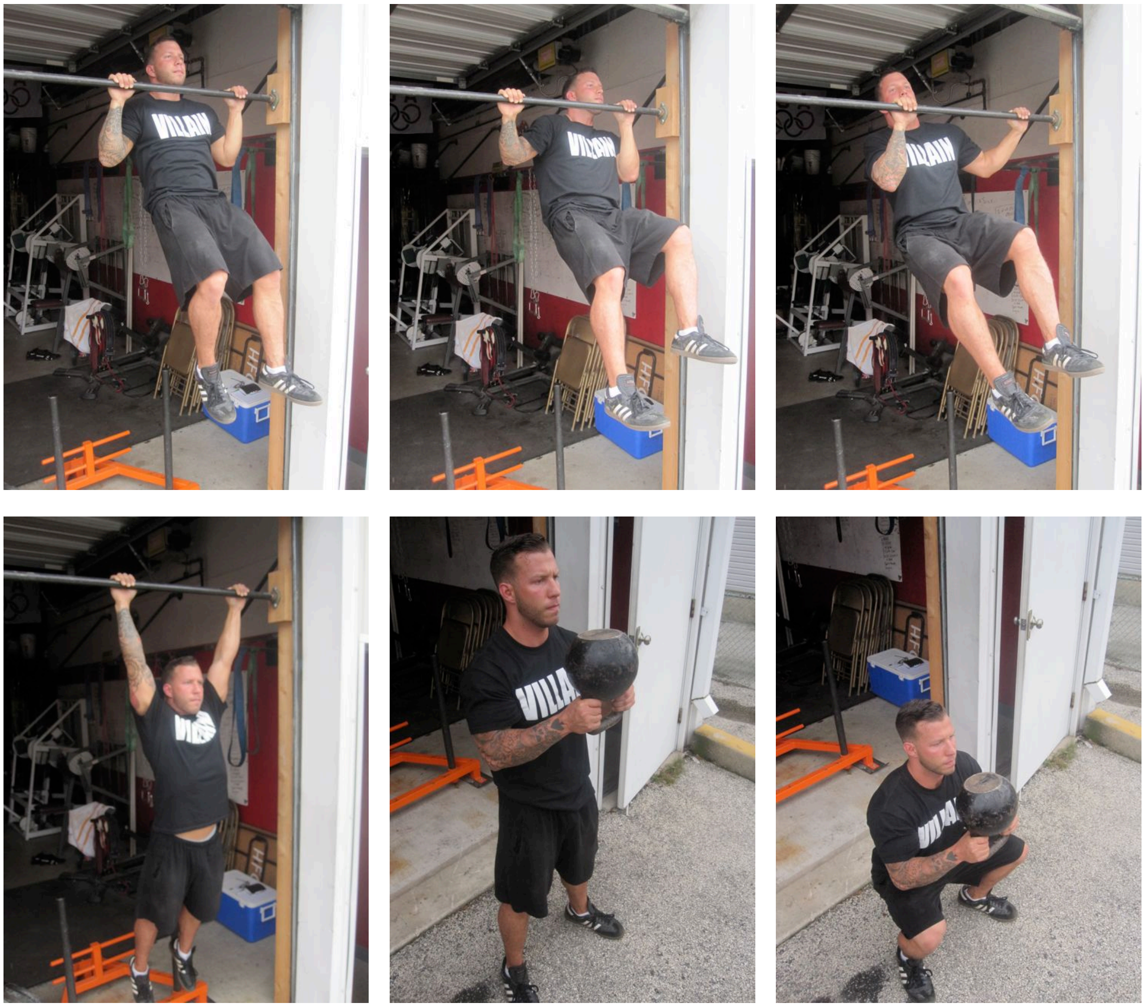


## #35 Typewriter Pullup x 3, Goblet Squat x 10, x 6

This is for the beasts among us.

Typewriter pullups are hard for those who aren’t featherweights, so these will be ballbusters for any modern Viking. Hang from the bar and pullup as usual until your throat touches the bar. Once you’re up there “slide” over to one hand, then over to the other one. Come back to the middle and return to a dead hang. Do three of these and then dismount the bar. Pick up a heavy kettlebell and bust ten goblet squats to bring an end to the first set.

Six total sets for the day.

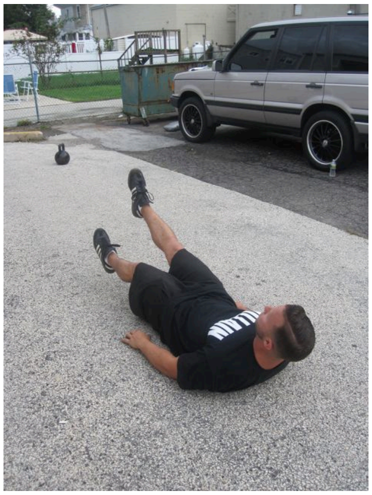


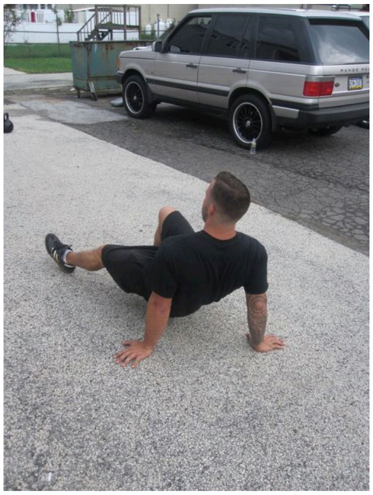
# #36 Flutter Kick x 20, Backwards Crab Walk 25 ft, Mountain Climber x 20, Sprint 50m, x 6

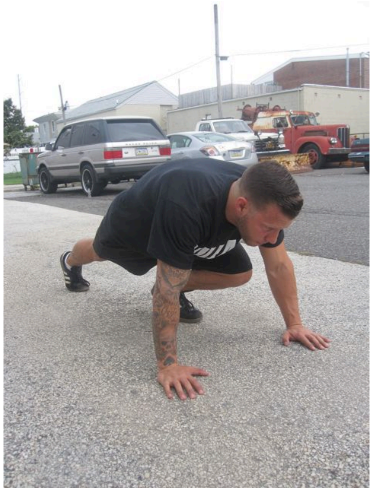
Yes, you read that right.

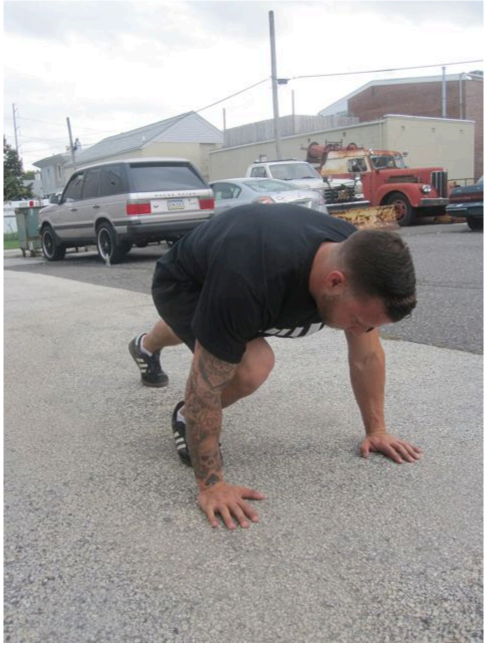
Ok, so mark out a fifty-meter course. Start at one end and hit twenty flutter kicks, (left plus right equals one rep) think six and thirty-six (inches that is, six inches form the ground, thirty-six inches from the ground). Once you're through with those, crab walk backwards out about twelve feet, turn around and head back to the start where you will do the twenty mountain climbers (left plus right equals one rep). Break from the mountain climbers into a sprint out to the fifty-meter mark.

Walk it back and repeat five times, HOOAH!







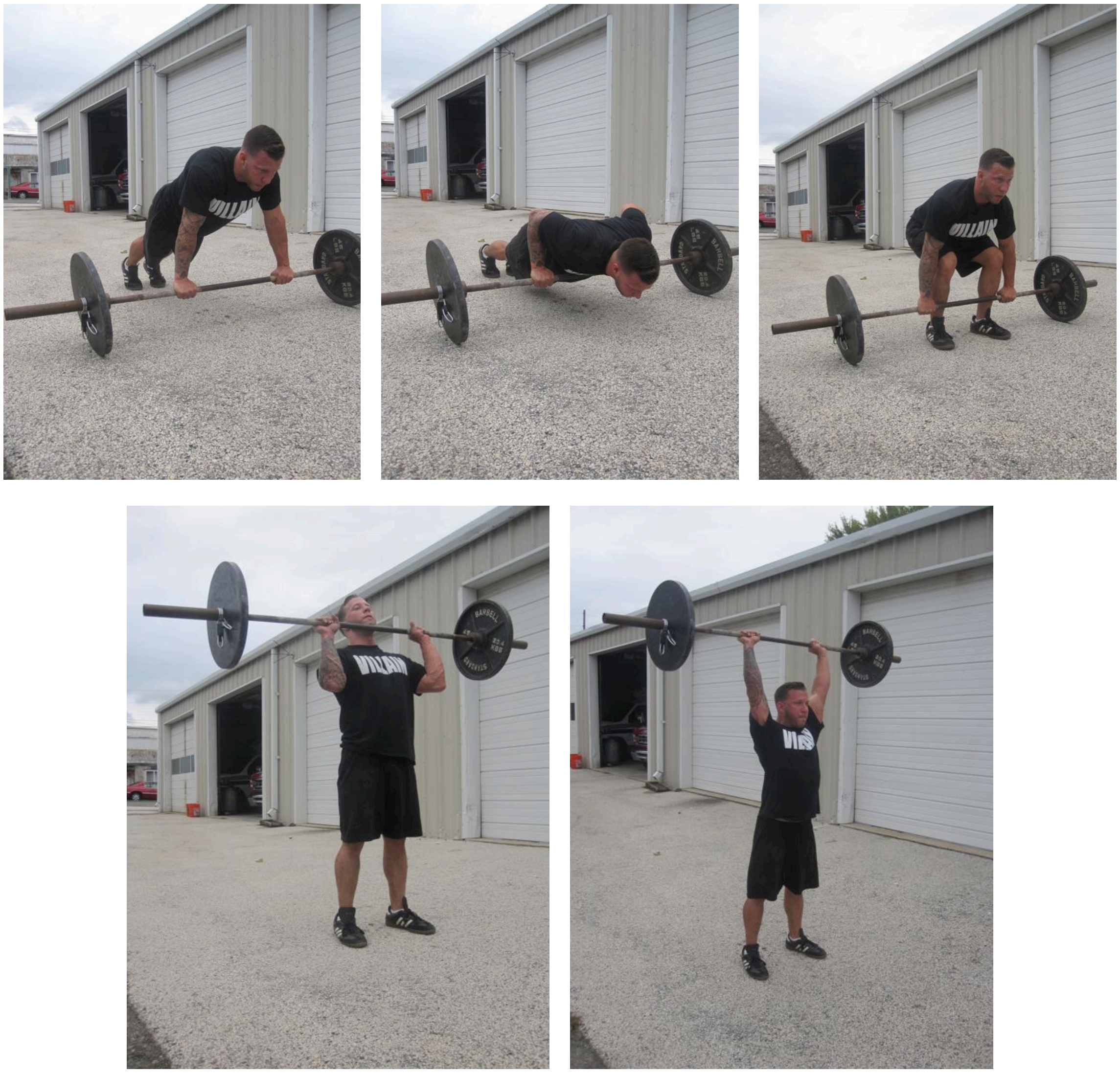


# #37 Bar Pushup x 5, Clean and Press x 2. Max sets in 5 minutes.

Simple and brutal.

Load a bar with a moderately beastly load. Assume the pushup position on the uncooperative bar and knock out five pushups. Immediately after the fifth rep, jump to your feet and clean and press the bar twice to complete one set.

Transitions should be fast and frequent, fill the five minutes with sets and record your score.

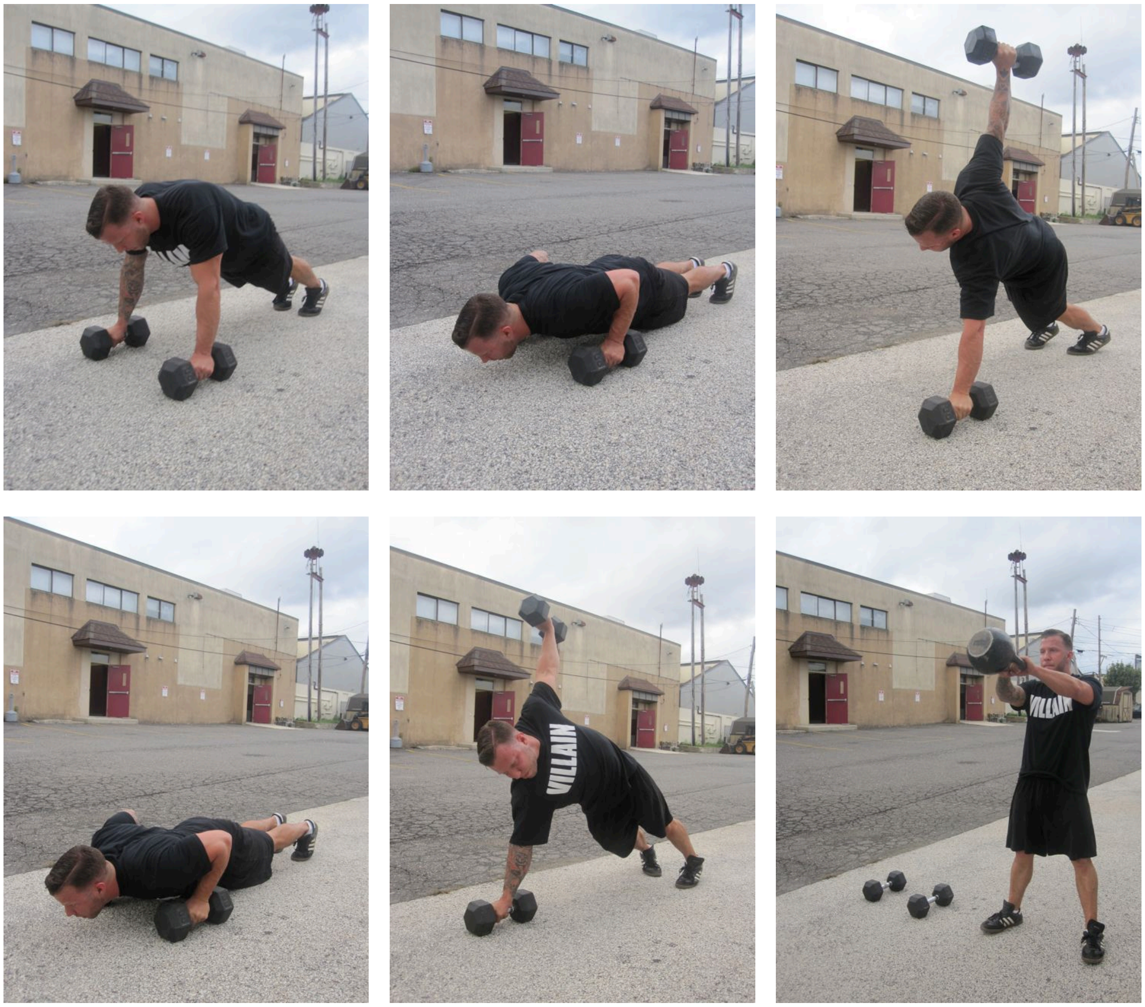


# #38 Gladiator Pushup x 10, Kettlebell Swing x 25, x 5

Love these Gladiator Pushups.

Hit ten of these bad boys (see below) and then get to your feet and move to your kettlebell. Swing that bastard twenty-five times.

That makes one set. You’ve got four more after that. They’ll suck, make them count.



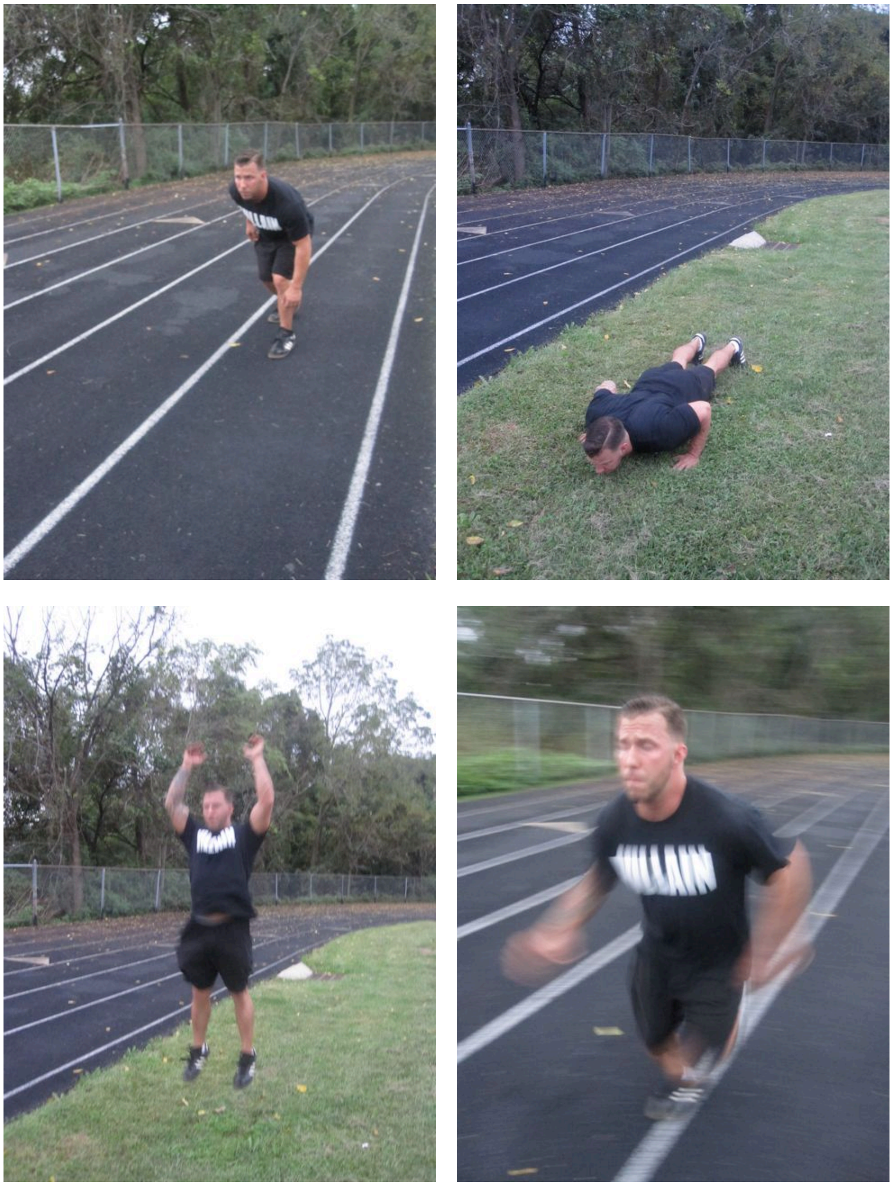
# #39 100m Dash x 3, Burpee x 25, 100m Dash x 3

A burpee sandwich.

A twist on one of my favorite workouts, the one hundred meter repeat. Hit the track and bust your ass on a one hundred meter dash. Walk back to the start point and repeat two more times for a total of three sprints. You'll do three more, but before you do you'll have to do twenty-five burpees.

Three sprints, a bunch of burpees, three more sprints, sounds like fun .

Time everything and record for accountability purposes, or don't, it doesn't matter, you'll get the stimulus and be more conditioned either way.

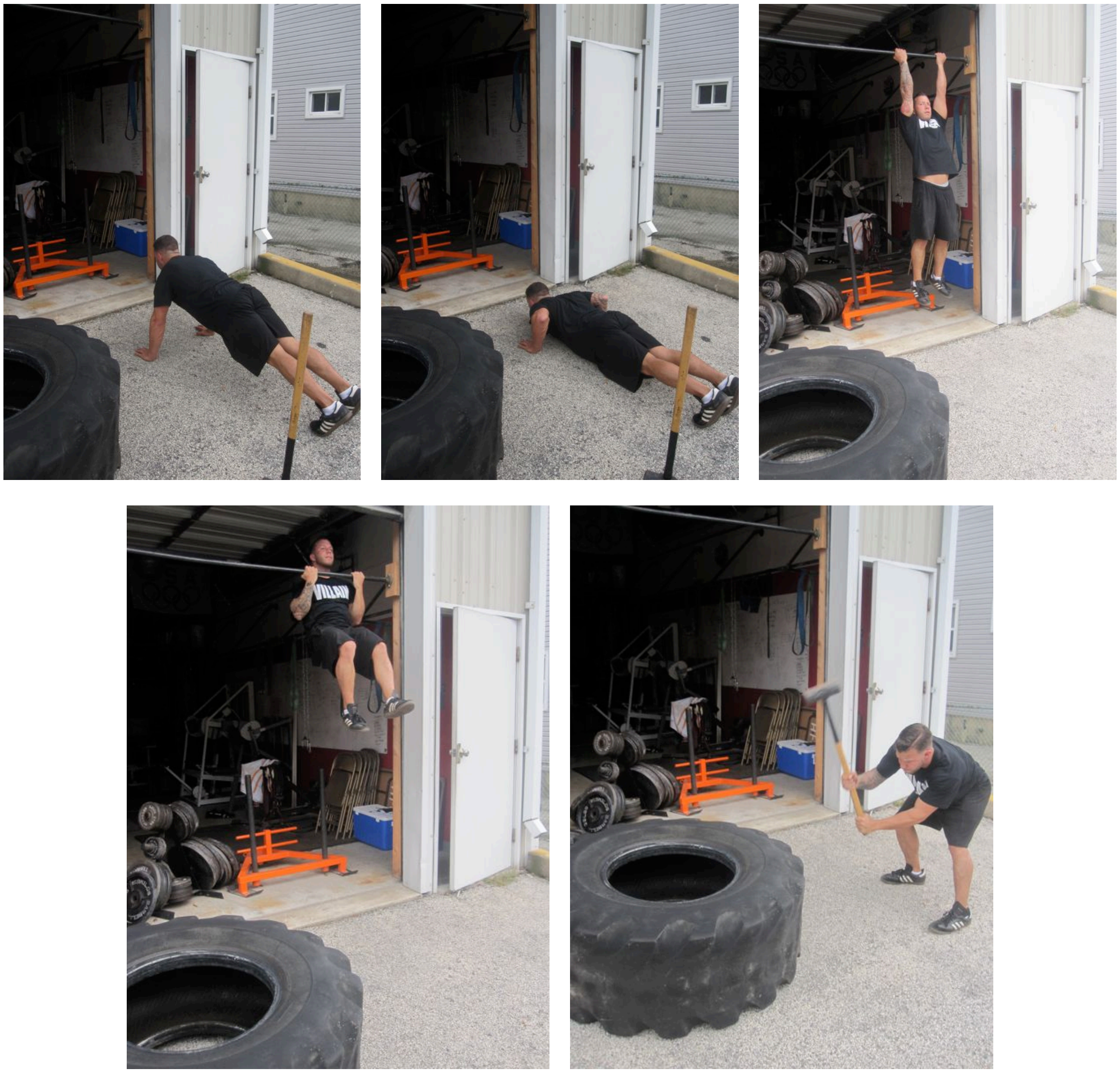


# #40 Pushup x 15, Chinup x 5, Sledgehammer Swing x 10. Max Sets in 7 minutes.

Jello in the arms, gotta love it.

Start a ten-minute clock and begin knocking out pushups. Do fifteen of them and then jump to the chinning bar for five chinups. After your throat touches the bar five times, drop and pick up the hammer and Ike Turner the tire for a ten piece. Do this whole thing as many times as you can in seven minutes.

You'll be more of a man at the end of this, I promise.

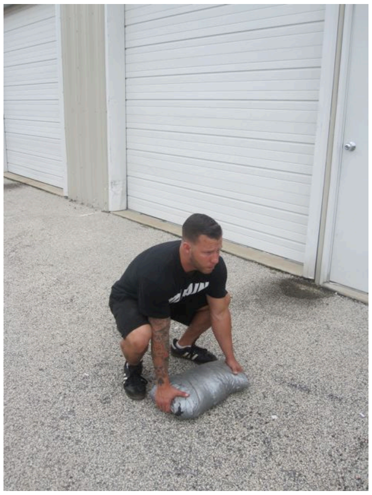


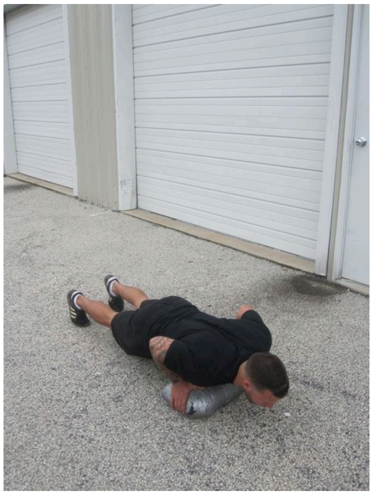
# #41 Sandbag Burpee, Squat, Press, Squat and Press. Max sets in 7 minutes.

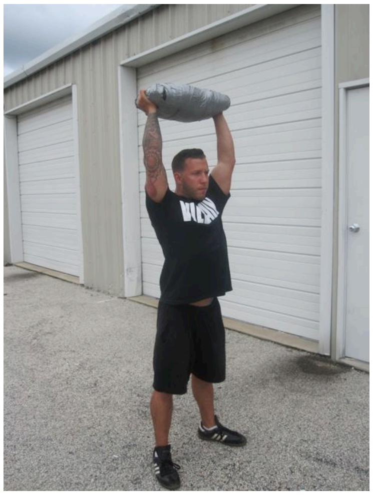
Another one of these seven-minute killers. Grab your bag and hit the dance floor, time to get sweaty.

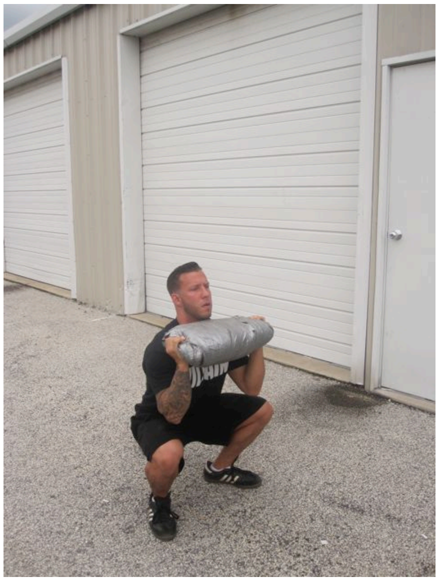
Burpee once, then hold the bag at chest level and squat it. When you reach the top of the squat, press the bag overhead like a boss. After that do one squat AND press rep to complete one rep of the complex.

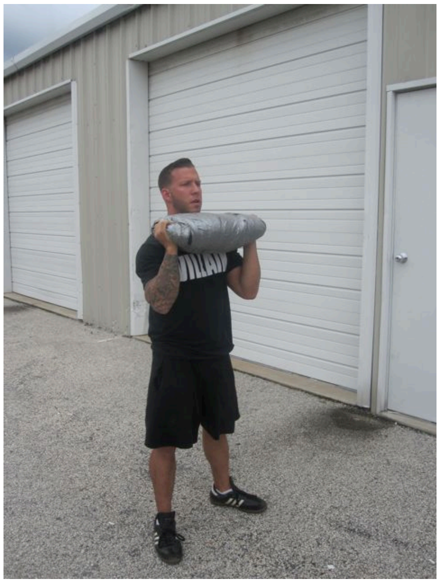
Nail as many of these sandy broads as you can in seven minutes and keep score for locker room talk.











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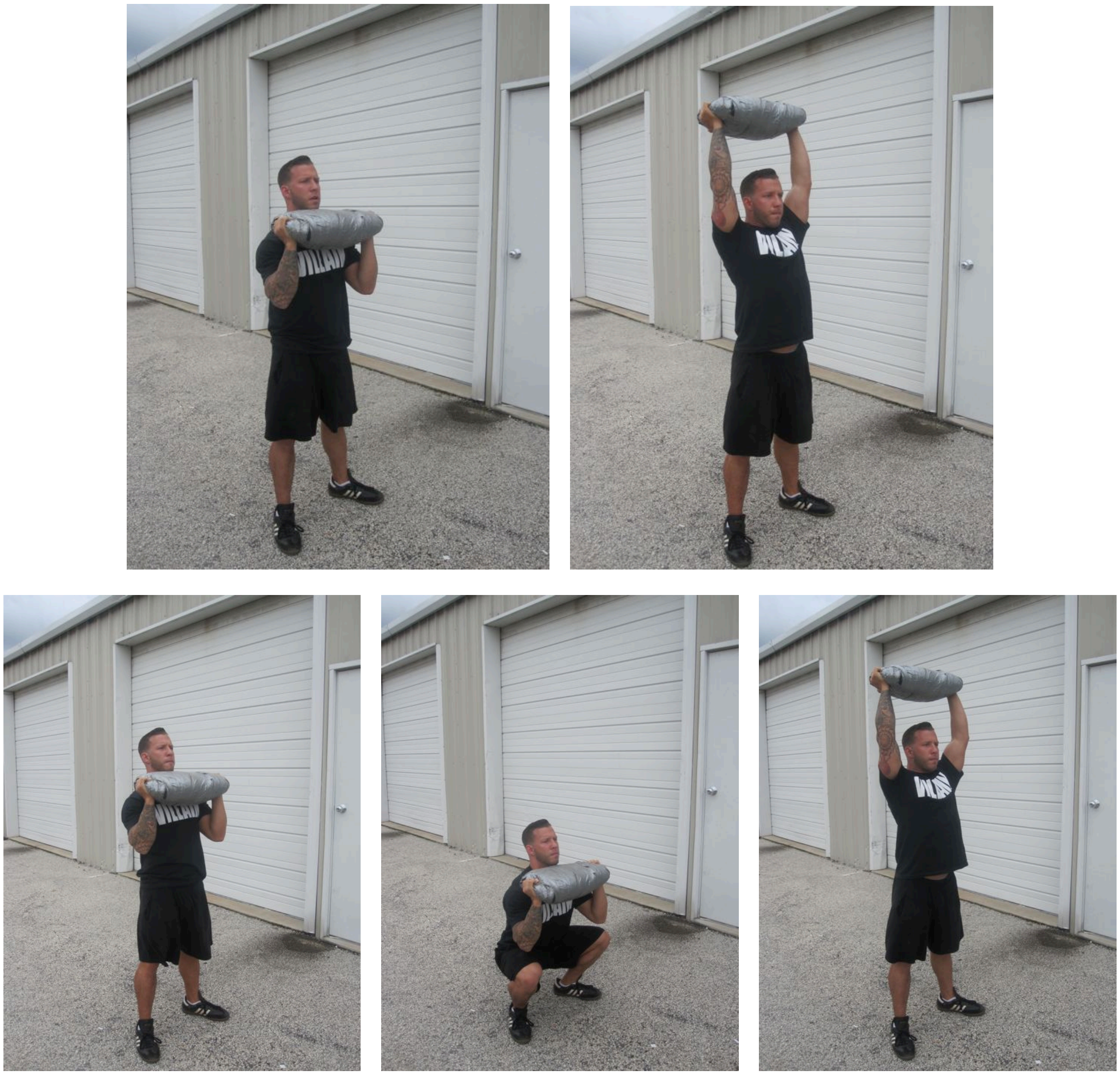
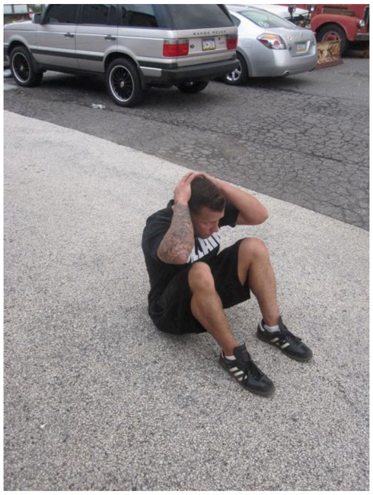

VILLAIN

## #42 Crab Walk 40 yds, Situp x 25, Squat x 25, x 4

Recess. Cookies and fruit punch at the end.

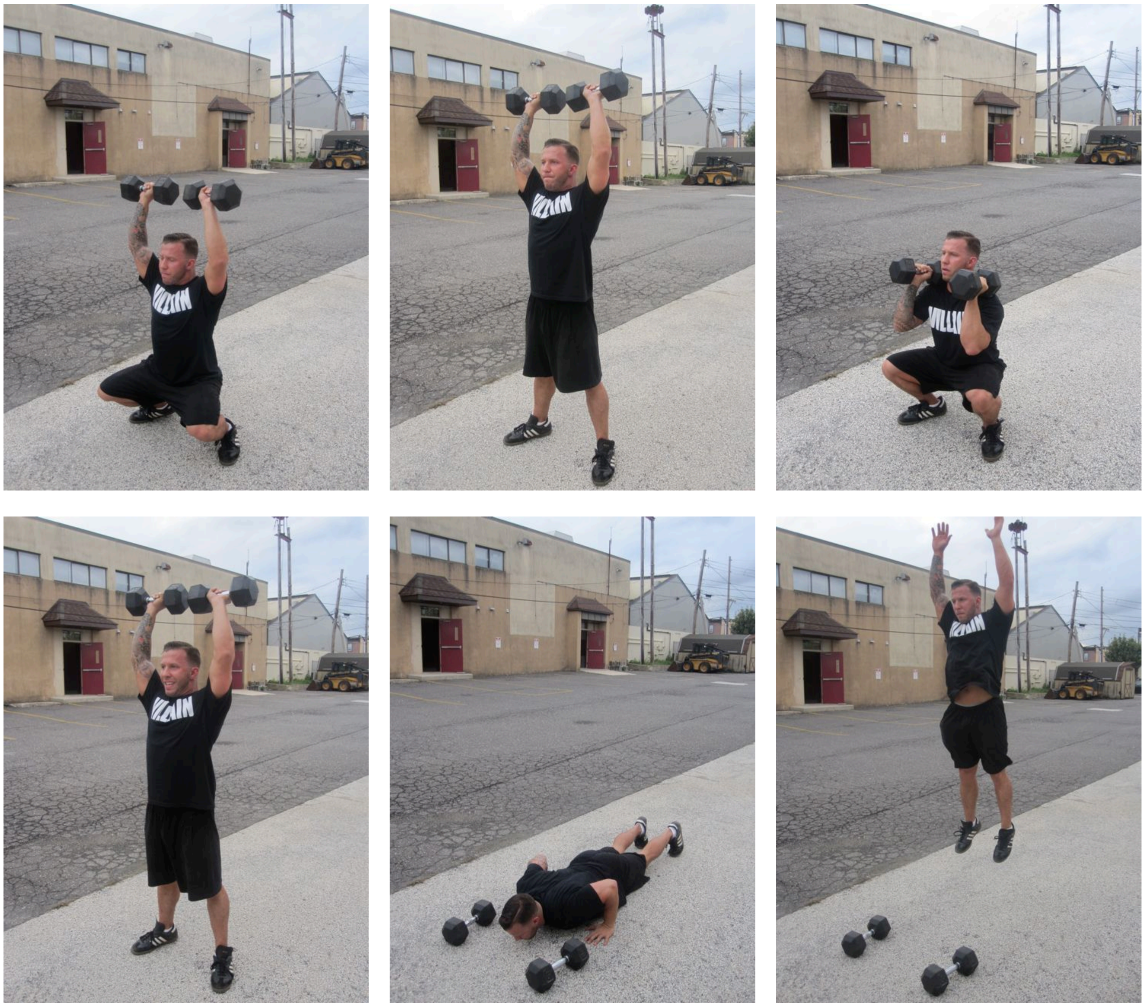
Crab walk it forty yards and then assume the position; the situp position that is. Twenty-five of them and then twenty-five squats. Do this four times, get a drink form the water fountain and get back to your desk. Miss Jacobs is reading us that horse story after recess again (it's late as I type this, forgive me).



# #43 Dumbbell Overhead Squat x 10, Dumbbell Squat and Press x 10, Burpee x 10, x 5

Grab a pair, moderate ones, remember I don't need you putting these down a hundred times like a sissy. Put them overhead and squat them ten times. Once those are out of the way bust ten squat and presses. After that it's burpee time once again kids; ten this time. That's it for one set, you've got five to do.

Get to work. Time it, beat it, you know the deal by now.



# #44 50m Sandbag Sprint, 50m Bear Crawl, 50m Sprint x 5

Ball buster in every sense of the word.

Hit your fifty-meter course with your sandbag, and get ready to lose lunch. Hoist the bag up on your shoulder and haul ass to the other end, ditch the bag and bear crawl it back to the start. Once you’re back home at the start point get to your feet and sprint it back to the bag (it’ll be at the opposite side from where you started). That completes one set. Repeat the process four more times for a total of five sets.

Just remember once you start this one that it will end and that it’s only five sets. Give it everything; it’ll be over soon.

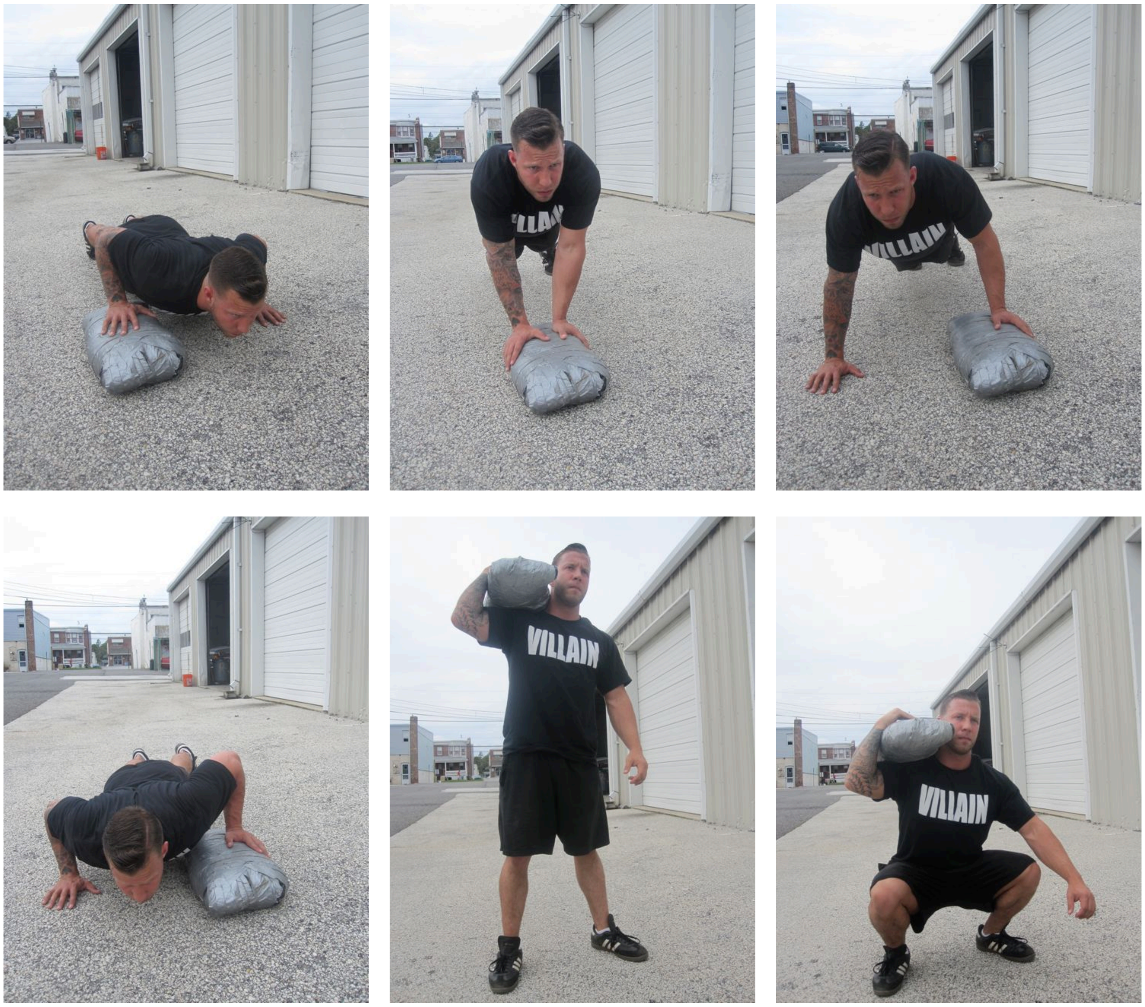
VILLAIN
VILLAIN

# #45 Handwalk Pushup x 25, Sandbag Squat x 50, x 3

Sophistication in simplicity.

Sandbag time once again. Lay it down on the ground in front of you and assume the pushup position with one hand on the bag and one hand on the ground as shown below. Execute a pushup and then “walk” your hands across the bag and into the opposite configuration before performing a pushup on that side. Count each pushup as one repetition and knock out twenty-five before standing with the bag and executing a set of fifty squats (hold the bag across your chest or on your shoulder).

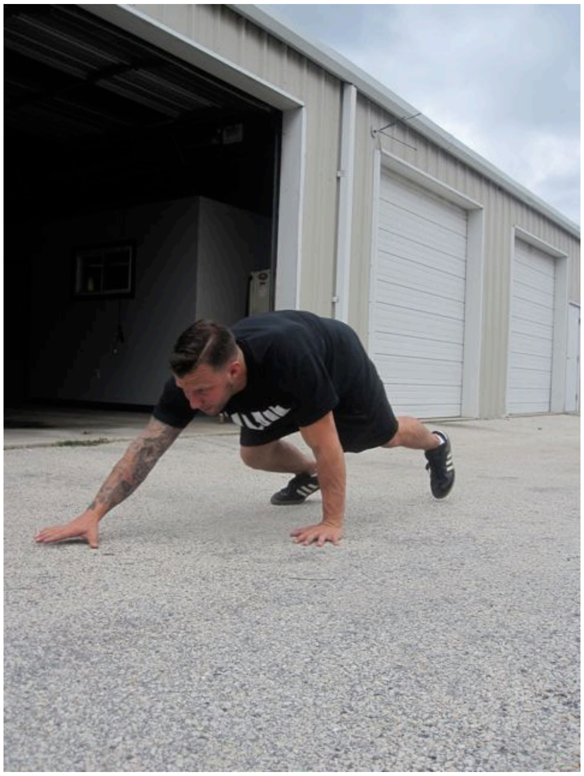
Repeat for a total of three sets and record the time it took to completion.



# #46 Half Mile, 10 Seconds on/off Sprint/Bear Crawl

Hit the track again for this one.

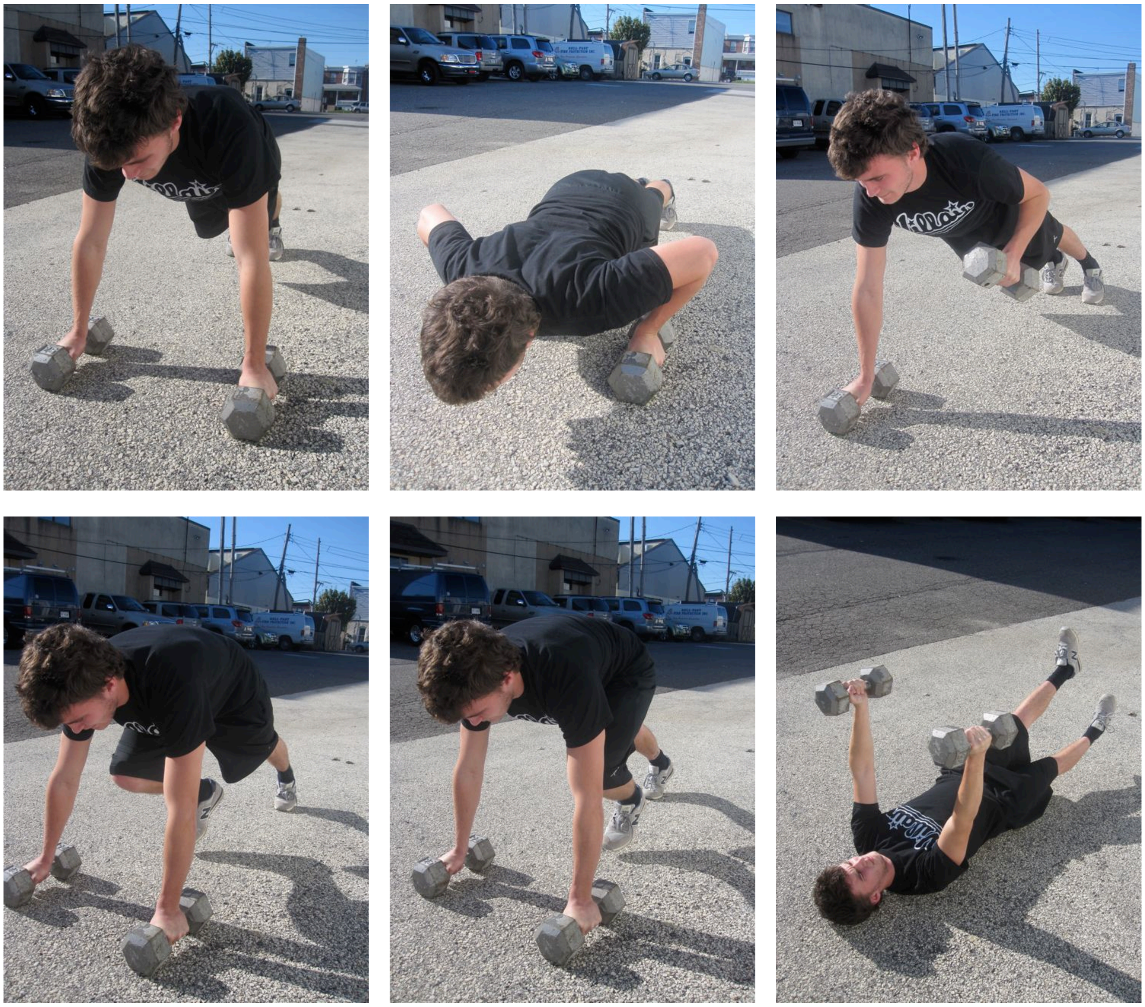
Real simple, set a timer to go off every ten seconds or enlist the help of a partner (preferably a smokin' hot Viking groupie) to inform you when ten seconds has passed. Bear crawl as much distance as you can in ten seconds and then transition to a sprint for the next ten-second interval. Repeat until you've made your way around the track twice and then call it a day.



# #47 Dumbbell Pushup/Row x 10, Mountain Climber x 20, Dumbbell Flutter Kick x 10, x 5

More sadistic dumbbell goodness.

Assume the pushup position on the pair of dumbbells (moderately weighted, the flutter kicks will keep you honest) and bust out a pushup followed by a row at the top. Count one repetition for each row (Left equals one, Right equals two). Do ten of these and then transition to mountain climbers for a twenty count, counting left plus right as one rep. After those are through, get on your back while holding the dumbbells with extended arms over your chest and pump out ten flutter kicks counting left plus right as one rep. That makes one set. Five of those are the mission for the day.



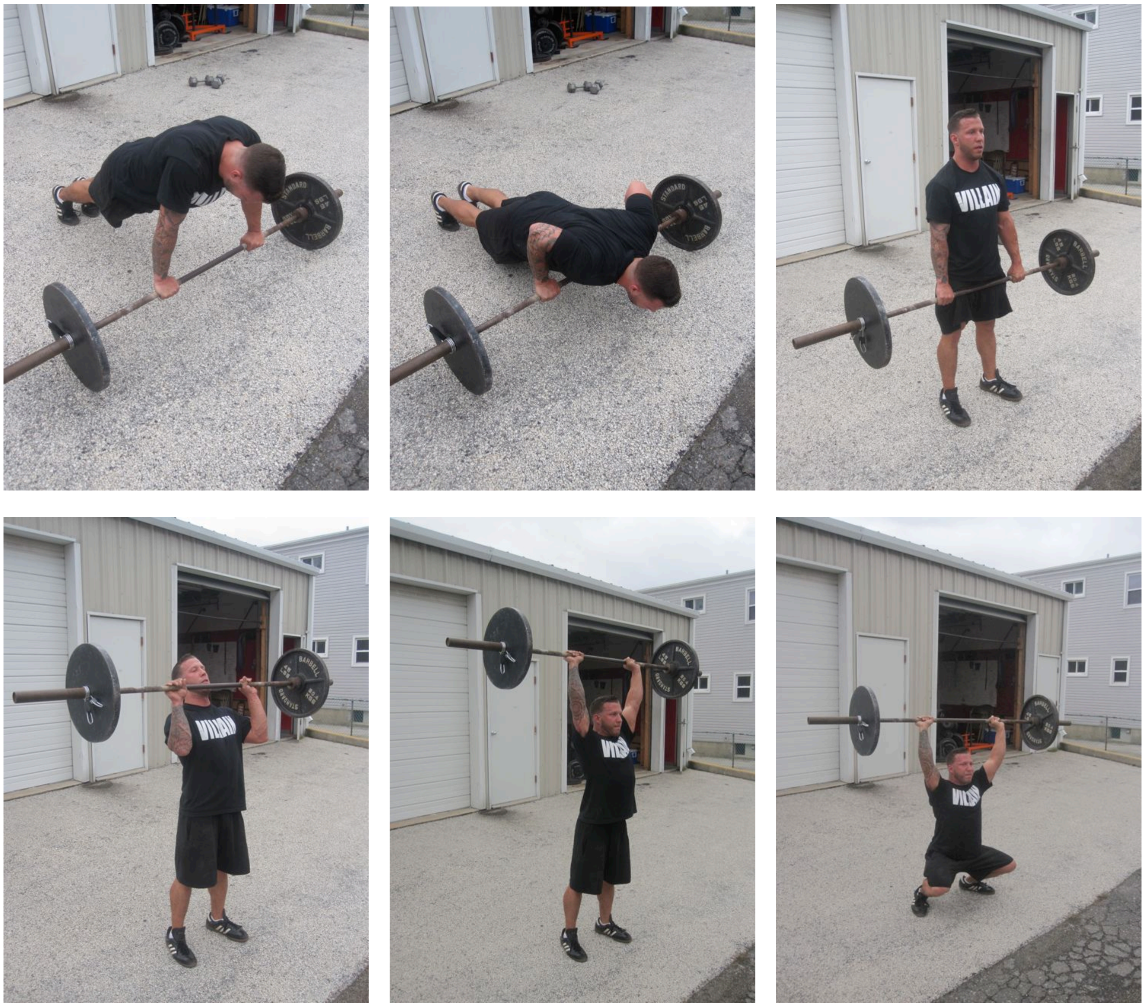
## #48 5/5/5 Bar Pushup/ Hang Clean and Press/ Overhead Squat. Max Sets in 7 minutes.

This one is awful (not like any of them are not, but this one just blows).

Start a seven-minute clock and hit five good pushups on your sandbag, followed by five hang clean and presses, followed by five overhead squats. One set down; how many will you do?

Clock's ticking.

That was lame, I know, but you can get away with the occasional lame write up when you're as handsome as I. I can always fall back on my looks to get me through life if need be.

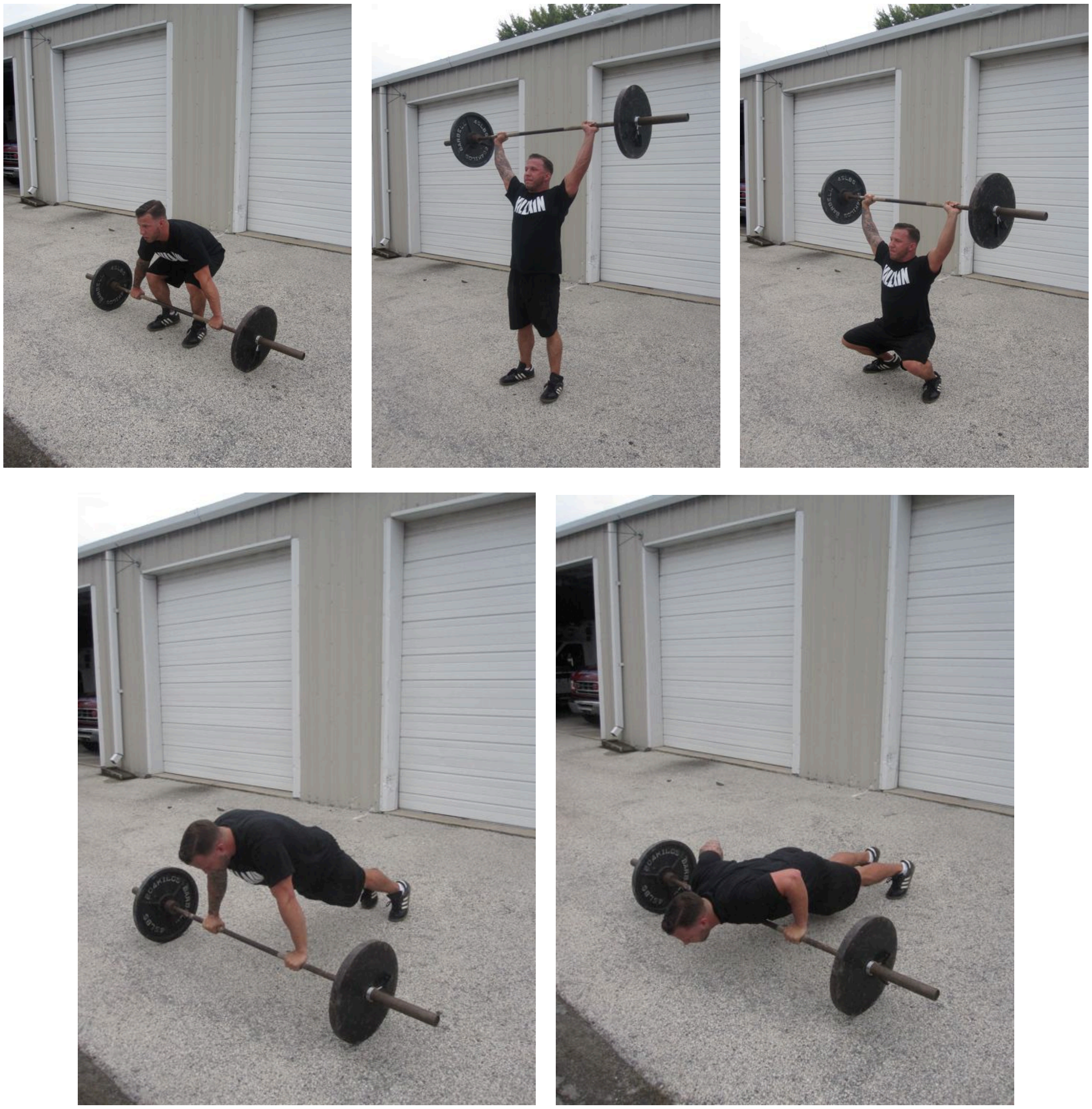


# #49 Power Snatch x 2, Overhead Squat x 2, Barbell Pushup x 2. 5 x 5.

Ok, so here’s a fun complex.

Two reps of a power snatch with a stout but manageable weight, followed by two reps of overhead squat, followed by two pushups on the bar. That’s one repetition.

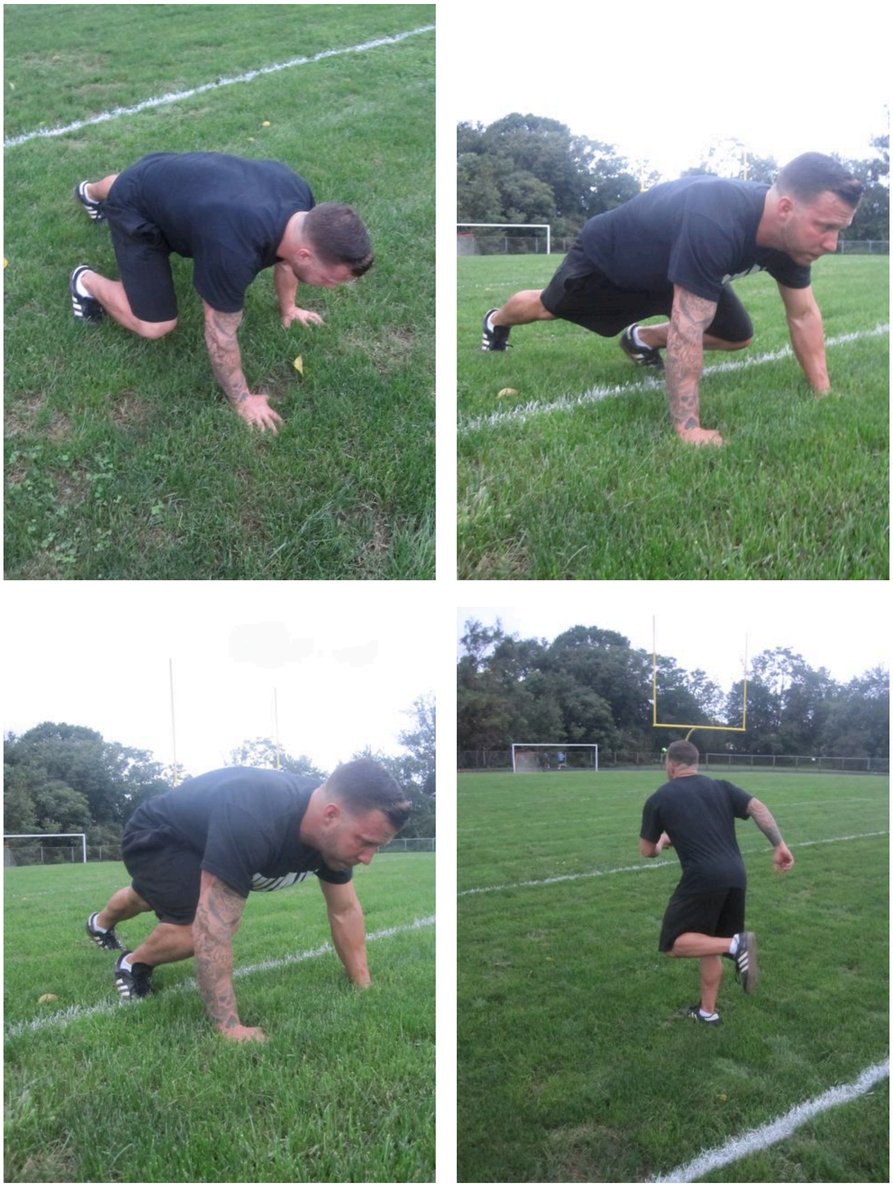
Five of these make a set. Do five sets of five, resting for a minute or more in between. Up the weight slow and steady on this one, it’ll put hair on your chest that you can then enlist Bony to help you in waxing if that is your thing.



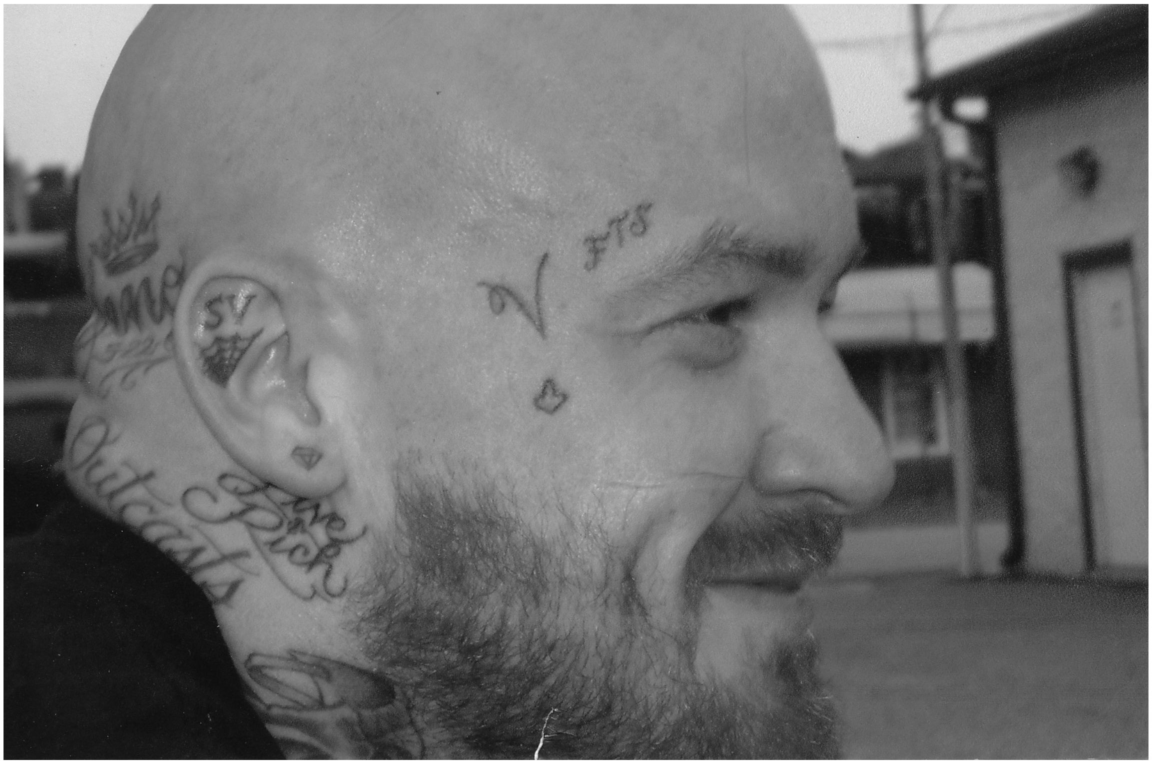
# #50 100yd Bear Crawl with 10 Mountain Climbers at 10yd marks, Sprint back x 2

That looks confusing but is pretty simple actually.

Start at the goal line and bear crawl towards the away team's goal. Once you hit the ten-yard line bust out ten mountain climbers. Do the same at each ten-yard point on your way to the other end of the field. Once you reach the end zone, turn around and sprint it back like your life depends on it. Repeat the process one more time and then hit the locker room. Pants an underclassman and move somebody's clothes while they're in the shower. Just don't take anyone's iPod, that's a dick move.



## Your Author



John Sheaffer, aka Johnny Pain is the man behind Southeastern Pennsylvania's infamous Greyskull Barbell Club. He is also the founder of Strengthvillain.com. He is the CEO of two corporations and is a proud father. He is available for consultations, seminars, and speaking engagements.

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